

DAFTAR PUSTAKA

- Anindya, K., Marthias, T., Zulfikar Biruni, M., Hage, S., Ng, N., Laverty, A. A., McPake, B., Millett, C., Haregu, T. N., Hulse, E. S. G., Cao, Y., & Lee, J. T. (2022). Low physical activity is associated with adverse health outcome and higher costs in Indonesia: A national panel study. *Frontiers in Cardiovascular Medicine*, 9. <https://doi.org/10.3389/fcvm.2022.972461>
- Aurora, B., & Triana, W. (2018). Association of BMI and Waist to Hip Ratio with the Ratio of LDL to HDL and Total Cholesterol to HDL in Urban Adolescents without Cardiovascular Risk Factor in Jambi City, Indonesia. *Journal of Medical - Clinical Research & Reviews*, 2(1). <https://doi.org/10.33425/2639-944x.1033>
- Bays, H. E., Kirkpatrick, C., Maki, K. C., Toth, P. P., Morgan, R. T., Tondt, J., Christensen, S. M., Dixon, D., & Jacobson, T. A. (2024). Obesity, dyslipidemia, and cardiovascular disease: A joint expert review from the Obesity Medicine Association and the National Lipid Association 2024. *Obesity Pillars*, 10. <https://doi.org/10.1016/j.obpill.2024.100108>
- Brown, J., Gerhardt, T. E., Kwon Affiliations, E., & Belvoir Comm Hosp, F. (2023). *Risk Factors for Coronary Artery Disease Continuing Education Activity*. StatPearls.
- Chen, Q. J., Lai, H. M., Chen, B. D., Li, X. M., Zhai, H., He, C. H., Pan, S., Luo, J. Y., Gao, J., Liu, F., Ma, Y. T., & Yang, Y. N. (2016). Appropriate LDL-C-to-HDL-C ratio cutoffs for categorization of cardiovascular disease risk factors among uygur adults in xinjiang, China. *International Journal of Environmental Research and Public Health*, 13(2). <https://doi.org/10.3390/ijerph13020235>
- Cleeman, J. I. (2001). Executive summary of the third report of the National Cholesterol Education Program (NCEP) expert panel on detection, evaluation, and treatment of high blood cholesterol in adults (adult treatment panel III). *Journal of the American Medical Association*, 285(19). <https://doi.org/10.1001/jama.285.19.2486>
- Coura, A. G. L., Arruda Neta, A. da C. P. de, Lima, R. L. F. C. de, Bersch-Ferreira, Â. C., Weber, B., & Vianna, R. P. de T. (2022). Tracking of Dietary Patterns in the Secondary Prevention of Cardiovascular Disease after a Nutritional Intervention Program—A Randomized Clinical Trial. *Nutrients*, 14(22). <https://doi.org/10.3390/nu14224716>
- Csige, I., Ujvárosy, D., Szabó, Z., Lorincz, I., Paragh, G., Harangi, M., Somodi, S., & Santulli, G. (2018). The Impact of Obesity on the Cardiovascular System. In *Journal of Diabetes Research* (Vol. 2018). Hindawi Limited. <https://doi.org/10.1155/2018/3407306>
- Davis, E., Higgins, M. K., Wood, K. A., Cimiotti, J., Gary, R. A., & Dunbar, S. B. (2023). Sex Differences in Cardiac Risk Factors in Young Adults: A Secondary Analysis and Surveillance Study. *Journal of*

Cardiovascular Nursing, 38(2).
<https://doi.org/10.1097/JCN.0000000000000888>

- Desky, R., & Susanto, B. (2021). HUBUNGAN FAKTOR RISIKO DENGAN ANGKA KEJADIAN PENYAKIT JANTUNG KORONER DI PUSKESMAS KOTA KUTACANE KECAMATAN BABUSALAM KABUPATEN ACEH TENGGARA TAHUN 2020. *Jurnal Kedokteran STM (Sains Dan Teknologi Medik)*, 4(2).
<https://doi.org/10.30743/stm.v4i2.97>
- Feingold, K., & Grunfeld, C. (2021). Introduction to Lipids and Lipoproteins - Endotext - NCBI Bookshelf. In *NCBI Bookshelf*.
- Fernández-Lázaro, D., & Seco-Calvo, J. (2023). Nutrition, Nutritional Status and Functionality. In *Nutrients* (Vol. 15, Issue 8).
<https://doi.org/10.3390/nu15081944>
- Gao, L., Cheng, H., Yan, Y., Liu, J., Shan, X., Wang, X., & Mi, J. (2022). The associations of muscle mass with glucose and lipid metabolism are influenced by body fat accumulation in children and adolescents. *Frontiers in Endocrinology*, 13.
<https://doi.org/10.3389/fendo.2022.976998>
- Gao, Z., Chen, Z., Sun, A., & Deng, X. (2019). Gender differences in cardiovascular disease. *Medicine in Novel Technology and Devices*, 4.
<https://doi.org/10.1016/j.medntd.2019.100025>
- Gąsecka, A., Rogula, S., Szarpak, Ł., & Filipiak, K. J. (2021). LDL-cholesterol and platelets: Insights into their interactions in atherosclerosis. In *Life* (Vol. 11, Issue 1, pp. 1–13). MDPI AG.
<https://doi.org/10.3390/life11010039>
- González-Ruiz, K., Medrano, M., Correa-Bautista, J. E., García-Hermoso, A., Prieto-Benavides, D. H., Tordecilla-Sanders, A., Agostinis-Sobrinho, C., Correa-Rodríguez, M., Rio-Valle, J. S., González-Jiménez, E., & Ramírez-Vélez, R. (2018). Comparison of bioelectrical impedance analysis, slaughter skinfold-thickness equations, and dual-energy x-ray absorptiometry for estimating body fat percentage in colombian children and adolescents with excess of adiposity. *Nutrients*, 10(8).
<https://doi.org/10.3390/nu10081086>
- Goswami, B., Reang, T., Sarkar, S., Sengupta, S., & Bhattacharjee, B. (2020). Role of body visceral fat in hypertension and dyslipidemia among the diabetic and nondiabetic ethnic population of Tripura—A comparative study. *Journal of Family Medicine and Primary Care*, 9(6).
https://doi.org/10.4103/jfmpc.jfmpc_187_20
- Hajar, R. (2020). Genetics in cardiovascular disease. *Heart Views*, 21(1).
https://doi.org/10.4103/heartviews.heartviews_140_19
- Hossain, M. S., Islam, M. D., Galib, A., Malek, R., Akter, K., & Khanam, M. (2021). Lipid Profile in Relation to Body Mass Index among Medical College Students in Dhaka, Bangladesh. *Medicine Today*, 33(2).
<https://doi.org/10.3329/medtoday.v33i2.56055>

- Hussain, A., Ali, I., Kaleem, W. A., & Yasmeen, F. (2019). Correlation between Body Mass Index and Lipid Profile in patients with Type 2 Diabetes attending a tertiary care hospital in Peshawar. *Pakistan Journal of Medical Sciences*, 35(3). <https://doi.org/10.12669/pjms.35.3.7>
- Jebari-Benslaiman, S., Galicia-García, U., Larrea-Sebal, A., Olaetxea, J. R., Alloza, I., Vandenbroeck, K., Benito-Vicente, A., & Martín, C. (2022). Pathophysiology of Atherosclerosis. In *International Journal of Molecular Sciences* (Vol. 23, Issue 6). <https://doi.org/10.3390/ijms23063346>
- Ji, M., Kim, Y., & Lee, S. (2022). Skeletal Muscle Mass is Associated with HDL Cholesterol Levels and the Ratio of LDL to HDL Cholesterol in Young Men: A Pilot Study. *Journal of Men's Health*, 18(8). <https://doi.org/10.31083/j.jomh1808171>
- Jonathan Q Purnell, M. (2018). Definitions, Classification, and Epidemiology of Obesity. In *Endotext*.
- Kalanjati, V. P., Oktariza, R. T., Suwito, B. E., Pradana, K. A., Rahmawan, D., & Abdurachman. (2021). Cardiovascular disease risk factors and anthropometry features among seemingly healthy young adults. *International Journal of Public Health Science*, 10(1), 77–82. <https://doi.org/10.11591/ijphs.v10i1.20554>
- Kaptoge, S., Pennells, L., De Bacquer, D., Cooney, M. T., Kavousi, M., Stevens, G., Riley, L. M., Savin, S., Khan, T., Altay, S., Amouyel, P., Assmann, G., Bell, S., Ben-Shlomo, Y., Berkman, L., Beulens, J. W., Björkelund, C., Blaha, M., Blazer, D. G., ... Di Angelantonio, E. (2019). World Health Organization cardiovascular disease risk charts: revised models to estimate risk in 21 global regions. *The Lancet Global Health*, 7(10), e1332–e1345. [https://doi.org/10.1016/S2214-109X\(19\)30318-3](https://doi.org/10.1016/S2214-109X(19)30318-3)
- Kemal, A., Teshome, M. S., Ahmed, M., Molla, M., Malik, T., Mohammed, J., & Abate, K. H. (2020). Dyslipidemia and associated factors among adult patients on antiretroviral therapy in armed force comprehensive and specialized hospital, Addis Ababa, Ethiopia. *HIV/AIDS - Research and Palliative Care*, 12. <https://doi.org/10.2147/HIV.S252391>
- Kementerian Kesehatan. (n.d.). *Kategori Usia Dewasa*. Retrieved September 9, 2024, from <https://ayosehat.kemkes.go.id/kategori-usia/dewasa>
- Klevebro, S., Björkander, S., Ekström, S., Merid, S. K., Gruzieva, O., Mälarstig, A., Johansson, Å., Kull, I., Bergström, A., & Melén, E. (2021). Inflammation-related plasma protein levels and association with adiposity measurements in young adults. *Scientific Reports*, 11(1). <https://doi.org/10.1038/s41598-021-90843-x>
- Kobel, S., Kirsten, J., & Kelso, A. (2022). Anthropometry – Assessment of Body Composition. In *Deutsche Zeitschrift für Sportmedizin* (Vol. 73, Issue 3). <https://doi.org/10.5960/dzsm.2022.527>

- Kondo, T., Nakano, Y., Adachi, S., & Murohara, T. (2019). Effects of tobacco smoking on cardiovascular disease. In *Circulation Journal* (Vol. 83, Issue 10). <https://doi.org/10.1253/circj.CJ-19-0323>
- Kunutsov, S. K., Zaccardi, F., Karppi, J., Kurl, S., & Laukkanen, J. A. (2017). Is high serum LDL/HDL cholesterol ratio an emerging risk factor for sudden cardiac death? Findings from the kihd study. *Journal of Atherosclerosis and Thrombosis*, 24(6). <https://doi.org/10.5551/jat.37184>
- Leopold, J. A., & Antman, E. M. (2022). Ideal Cardiovascular Health in Young Adults With Established Cardiovascular Diseases. *Frontiers in Cardiovascular Medicine*, 9. <https://doi.org/10.3389/fcvm.2022.814610>
- Lestari, P. H. P., Nurahmi, N., Esa, T., & Kurniawan, L. B. (2020). Analisis rasio profil lipid kolesterol total, High Density Lipoprotein (HDL), Low Density Lipoprotein (LDL), dan trigliserida pada pasien Diabetes Melitus Tipe 2 (DM-2) dengan dan tanpa komplikasi ulkus kaki diabetik. *Intisari Sains Medis*, 11(3). <https://doi.org/10.15562/ism.v11i3.764>
- Limbong, M. N. A., & Malinti, E. (2023). Hubungan Indeks Massa Tubuh dengan Persentase Lemak Tubuh dan Lemak Visceral Pada Mahasiswa Fakultas Ilmu Keperawatan. *Nutrix Journal*, 7(1). <https://doi.org/10.37771/nj.v7i1.929>
- Lin, L. Y., Hsu, C. Y., Lee, H. A., Wang, W. H., Kurniawan, A. L., & Chao, J. C. J. (2019). Dietary patterns in relation to components of dyslipidemia and fasting plasma glucose in adults with dyslipidemia and elevated fasting plasma glucose in Taiwan. *Nutrients*, 11(4). <https://doi.org/10.3390/nu11040845>
- Lippi, G., Henry, B. M., & Sanchis-Gomar, F. (2020). Physical inactivity and cardiovascular disease at the time of coronavirus disease 2019 (COVID-19). In *European Journal of Preventive Cardiology* (Vol. 27, Issue 9). <https://doi.org/10.1177/2047487320916823>
- Lopez, E. O., Ballard, B. D., & Jan, A. (2023). *Cardiovascular Disease - PubMed*. StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan. 2023 Aug 22. <https://www.ncbi.nlm.nih.gov/books/NBK535419/>
- Mehdi Kushkestani, Mohsen Parvani, Shiva Ebrahim Pour Nosrani, & Sohrab Rezaei. (2020). The Relationship between Anthropometric Indices and Lipid Profiles In-Office Employees. *Journal of Sports Science*, 8(2). <https://doi.org/10.17265/2332-7839/2020.02.006>
- Mente, A., Dehghan, M., Rangarajan, S., McQueen, M., Dagenais, G., Wielgosz, A., Lear, S., Li, W., Chen, H., Yi, S., Wang, Y., Diaz, R., Avezum, A., Lopez-Jaramillo, P., Seron, P., Kumar, R., Gupta, R., Mohan, V., Swaminathan, S., ... Mapanga, R. (2017). Association of dietary nutrients with blood lipids and blood pressure in 18 countries: a cross-sectional analysis from the PURE study. *The Lancet Diabetes and Endocrinology*, 5(10). [https://doi.org/10.1016/S2213-8587\(17\)30283-8](https://doi.org/10.1016/S2213-8587(17)30283-8)

- Merrigan, J., Stute, N., Eckerle, J., Mackowski, N., Walters, J., O'Connor, M., Barrett, K., Robert, R., Strang, A., & Hagen, J. (2022). Reliability and Validity of Contemporary Bioelectrical Impedance Analysis Devices for Body Composition Assessment. *Journal of Exercise and Nutrition*, 5(4). <https://doi.org/10.53520/jen2022.103133>
- Morcel, J., Béghin, L., Michels, N., Vanhelst, J., Labreuche, J., Drumez, E., Polito, A., Ferrari, M., Censi, L., Deplanque, D., Miguel-Berges, M. L., De Ruyter, T., De Henauw, S., Moreno, L. A., & Gottrand, F. (2022). Identification of Lifestyle Risk Factors in Adolescence Influencing Cardiovascular Health in Young Adults: The BELINDA Study. *Nutrients*, 14(10). <https://doi.org/10.3390/nu14102089>
- Ndrepepa, G. (2021). High-density lipoprotein: a double-edged sword in cardiovascular physiology and pathophysiology. In *Journal of Laboratory and Precision Medicine* (Vol. 6). AME Publishing Company. <https://doi.org/10.21037/jlpm-21-32>
- Ntimana, C. B., Mashaba, R. G., Seakamela, K. P., Maimela, E., Masemola-Maphutha, M. L., & Choma, S. S. R. (2024). Comorbidities of Obesity in a Rural African Population Residing in Limpopo Province, South Africa: A Comparison between General and Central Obesity. *Obesities*, 4(3), 375–388. <https://doi.org/10.3390/obesities4030030>
- Nurrul Affanti, K. A., & Candra K, A. (2015). HUBUNGAN INDEKS MASSA TUBUH DAN ASUPAN ASAM LEMAK JENUH DENGAN RASIO LDL/HDL SERUM LANSIA. *Journal of Nutrition College*, 4(2). <https://doi.org/10.14710/jnc.v4i2.10064>
- Oddy, V. M., Maehara, M., & Rah, J. H. (2019). Overweight in Indonesia: An observational study of trends and risk factors among adults and children. *BMJ Open*, 9(9). <https://doi.org/10.1136/bmjopen-2019-031198>
- Oktariza, R. T., Kalanjati, V. P., & Tirthaningsih, N. W. (2021). Body Mass Index, Waist-Hip Ratio and Fasting Blood Glucose Levels amongst the University Students. *Folia Medica Indonesiana*, 57(1). <https://doi.org/10.20473/fmi.v57i1.14661>
- Olufayo, O. E., Ajayi, I. O., & Ngene, S. O. (2023). Clustering of cardiovascular disease risk factors among first-year students at the University of Ibadan, Nigeria: a cross-sectional study. *Sao Paulo Medical Journal*, 141(2). <https://doi.org/10.1590/1516-3180.2021.0998.11052022>
- Orimadegun BE, Sobulo ZO, & Adeoti AT. (2022). Visceral Adiposity and Atherogenic Indices and Plasma Apolipoproteins levels in Young Adults in Ibadan, Nigeria. In *Arch. Bas. App. Med* (Vol. 10). www.archivesbamui.comwww.ojshostng.com/index.php/abam
- Peraturan Menteri Kesehatan RI. (2016). PMK No. 25 Tahun 2016 Tentang Rencana Aksi Nasional Kesehatan Lanjut Usia Tahun 2016-2019. In *Peraturan Menteri Kesehatan RI* (Vol. 1, Issue 1).

- Piotrowska, E., Godyla-Jabłoński, M., & Bronkowska, M. (2020). EFFECT OF EATING HABITS, BMI VALUE, PHYSICAL ACTIVITY AND SMOKING CIGARETTES ON BLOOD LIPID INDICES OF ADOLESCENT BOYS FROM POLAND. *Roczniki Panstwowego Zakladu Higieny / Annals of the National Institute of Hygiene*, 71(4). <https://doi.org/10.32394/rpzh.2020.0135>
- Powell-Wiley, T. M., Poirier, P., Burke, L. E., Després, J. P., Gordon-Larsen, P., Lavie, C. J., Lear, S. A., Ndumele, C. E., Neeland, I. J., Sanders, P., & St-Onge, M. P. (2021). Obesity and Cardiovascular Disease A Scientific Statement From the American Heart Association. In *Circulation* (Vol. 143, Issue 21). <https://doi.org/10.1161/CIR.0000000000000973>
- Pratama, A. C., & Safitri, D. E. (2019). Asupan Buah dan Sayur, Asupan Lemak, Aktivitas Fisik Berhubungan dengan Rasio Ldl/Hdl Orang Dewasa. *ARGIPA (Arsip Gizi Dan Pangan)*, 4(1). <https://doi.org/10.22236/argipa.v4i1.3780>
- Purwanti, R., & Syauqy, A. (2022). HUBUNGAN ANTARA PARAMETER ANTROPOMETRI DAN PROFIL LIPID PADA WANITA SEHAT DI SEMARANG. *GIZI INDONESIA*, 45(2), 91–100. <https://doi.org/10.36457/gizindo.v45i2.666>
- Rahmawati, N. D., & Dewi Sartika, R. A. (2020). Analisis Faktor-Faktor Risiko Kejadian Dislipidemia pada Karyawan Pria Head Office PT.X, Cakung, Jakarta Timur. *NUTRIRE DIAITA*, 12(01). <https://doi.org/10.47007/nut.v12i01.3014>
- Reber, E., Gomes, F., Vasiloglou, M. F., Schuetz, P., & Stanga, Z. (2019). Nutritional risk screening and assessment. In *Journal of Clinical Medicine* (Vol. 8, Issue 7). MDPI. <https://doi.org/10.3390/jcm8071065>
- Reeg, S. (2020). *What is the role of ApoE variants in ischemic stroke and other age-related complex diseases?* <https://doi.org/10.13140/RG.2.2.23487.79529>
- Rezaei, M., Fakhri, N., Pasdar, Y., Moradinazar, M., & Najafi, F. (2020). Modeling the risk factors for dyslipidemia and blood lipid indices: Ravansar cohort study. *Lipids in Health and Disease*, 19(1). <https://doi.org/10.1186/s12944-020-01354-z>
- Riskesdas. (2018). Laporan Nasional RISKESDAS 2018. Badan Penelitian Dan Pengembangan Kesehatan. *Riset Kesehatan Dasar : Jakarta*, 1(1), 1. <https://www.kemkes.go.id/article/view/1909300001/penyakit-jantung-penyebab-kematian-terbanyak-ke-2-di-indonesia.html>
- Rodgers, J. L., Jones, J., Bolleddu, S. I., Vanthenapalli, S., Rodgers, L. E., Shah, K., Karia, K., & Panguluri, S. K. (2019). Cardiovascular risks associated with gender and aging. In *Journal of Cardiovascular Development and Disease* (Vol. 6, Issue 2). <https://doi.org/10.3390/jcdd6020019>

- Różańska, D., Kujawa, K., Szuba, A., Zatońska, K., & Regulska-Ilow, B. (2023). Dietary Patterns and the Prevalence of Noncommunicable Diseases in the PURE Poland Study Participants. *Nutrients*, 15(16). <https://doi.org/10.3390/nu15163524>
- Sherina, M. W., Khotimah, S., & Furqon, M. (2021). HUBUNGAN RASIO KOLESTEROL LDL/HDL TERHADAP KEJADIAN SINDROM KORONER AKUT PADA PASIEN RSUD ABDUL WAHAB SJAHRANIE SAMARINDA. *Jurnal Verdure*, 3(2).
- Shi, M., Wang, H., & Zhang, X. (2024). Dyslipidemia and its associated factors among community adults located in Shangcheng district, Zhejiang province. *Scientific Reports*, 14(1), 4268. <https://doi.org/10.1038/s41598-024-54953-6>
- Silva, I., Damasceno, A., Fontes, F., Araújo, N., Prista, A., Jessen, N., Padrão, P., Silva-Matos, C., & Lunet, N. (2023). Prevalence of Cardiovascular Risk Factors among Young Adults (18–25 Years) in Mozambique. *Journal of Cardiovascular Development and Disease*, 10(7). <https://doi.org/10.3390/jcdd10070298>
- Sitorus, R. J. (2023). *BUKU AJAR DASAR EPIDEMIOLOGI* (W. Kurniawadi, Ed.; 1st ed.). Wawasan Ilmu.
- Sukkriang, N., Chanprasertpinyo, W., Wattanapisit, A., Punsawad, C., Thamrongrat, N., & Sangpoom, S. (2021). Correlation of body visceral fat rating with serum lipid profile and fasting blood sugar in obese adults using a noninvasive machine. *Heliyon*, 7(2). <https://doi.org/10.1016/j.heliyon.2021.e06264>
- Sun, T., Chen, M., Shen, H., PingYin, Fan, L., Chen, X., Wu, J., Xu, Z., & Zhang, J. (2022). Predictive value of LDL/HDL ratio in coronary atherosclerotic heart disease. *BMC Cardiovascular Disorders*, 22(1). <https://doi.org/10.1186/s12872-022-02706-6>
- Sutanto, K., & Karjadidjaja, I. (2019). Hubungan antara obesitas sentral dengan kejadian dislipidemia pada karyawan Universitas Tarumanagara pengunjung poliklinik Fakultas Kedokteran Universitas Tarumanagara November 2016 - April 2017. *Tarumanagara Medical Journal*, 1(2).
- Tejaswini V B, & Ganashree C P. (2021). Correlation between serum lipid profile and body mass index in young healthy medical students. *Indian Journal of Clinical Anatomy and Physiology*, 8(2). <https://doi.org/10.18231/j.ijcap.2021.025>
- Vinson, L. J. (2018). Dietary lipids in health and disease. In *Low Calorie and Special Dietary Foods* (pp. 23–37). CRC Press. <https://doi.org/10.1201/9781351074193-2>
- Wu, Y., Li, D., & Vermund, S. H. (2024). Advantages and Limitations of the Body Mass Index (BMI) to Assess Adult Obesity. *International Journal of Environmental Research and Public Health*, 21(6), 757. <https://doi.org/10.3390/ijerph21060757>

- Wu, Z., Li, X., Wen, Q., Tao, B., Qiu, B., Zhang, Q., & Wang, J. (2022). Serum LDL-C/HDL-C ratio and the risk of carotid plaques: a longitudinal study. *BMC Cardiovascular Disorders*, 22(1). <https://doi.org/10.1186/s12872-022-02942-w>
- Xu, Z., Liu, Y., Yan, C., Yang, R., Xu, L., Guo, Z., Yu, A., Cheng, X., Ma, L., Hu, C., Guglielmi, G., Hind, K., & Hu, C. (2021). Measurement of visceral fat and abdominal obesity by single-frequency bioelectrical impedance and CT: A cross-sectional study. *BMJ Open*, 11(10). <https://doi.org/10.1136/bmjopen-2020-048221>
- Yuniari, D., Puruhita, N., Probosari, E., Subagyo, H. W., & Nugrohowati, A. K. (2023). Correlation Between Visceral Fat And Lipid Profile in Myocardial Infarction Patients. *Medica Hospitalia : Journal of Clinical Medicine*, 10(2). <https://doi.org/10.36408/mhjcm.v10i2.797>