

DAFTAR PUSTAKA

- Ahrens, W. and Pigeot, I. (2014) *Handbook of Epidemiology*. Second. Springer. Available at: <https://doi.org/10.1007/978-0-387-09834-0>.
- Alomari, A. and Al Hisnah, S. (2022) 'Prevalence of Prediabetes and Associated Risk Factor Assessment Among Adults Attending Primary Healthcare Centers in Al Bahah, Saudi Arabia: A Cross-Sectional Study', *Cureus*, 14. Available at: <https://doi.org/10.7759/cureus.29465>.
- Al-Sharafi, B.A. *et al.* (2021) 'Family History, Consanguinity and Other Risk Factors Affecting the Prevalence of Prediabetes and Undiagnosed Diabetes Mellitus in Overweight and Obese Yemeni Adults', *Diabetes, metabolic syndrome and obesity: targets and therapy*, 14, pp. 4853–4863. Available at: <https://doi.org/10.2147/DMSO.S344440>.
- Alvarez, S. *et al.* (2023) *Prediabetes, Treasure Island (FL): StatPearls Publishing*. Treasure Island (FL): StatPearls Publishing. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK459332/> (Accessed: 12 August 2024).
- Ambarita, D.D.L., Prabawati, D. and Hidayah, A.J. (2022) 'Hubungan Gaya Hidup Sedentary Terhadap Kejadian Tinggi Prediabetes di Wilayah Kerja Puskesmas Johar Baru', *Jurnal Ilmiah Keperawatan Stikes Hang Tuah Surabaya*, 17(1), pp. 1–5.
- Amiri, P. *et al.* (2017) 'Factors Associated with Pre-diabetes in Tehranian Men and Women: A Structural Equations Modeling', *PLoS ONE*, 12(12). Available at: <https://doi.org/10.1371/journal.pone.0188898>.
- Andriani, R.N. *et al.* (2022) 'Analysis of Prediabetes Risk Factors at Primary Health Care Centers | Research Article', *Review of Primary Care Practice and Education*, 5(2), pp. 52–56.
- Brownson, R.C., Remington, P.L. and Davis, J.R. (1993) *Chronic Disease Epidemiology and Control*. Third Edition. American Public Health Association.
- Caesaria, A., Mutholib, A. and Edyansyah, E. (2021) 'Analisis Kadar Glukosa Darah dengan Tingkat Stres Mahasiswa Teknologi Laboratorium Medis Poltekkes Kemenkes Palembang', *JMLS) Journal of Medical Laboratory and Science*, 1(2), pp. 38–45. Available at: <https://doi.org/10.36086/medlabscience.v1i2>.
- Chia, C.W., Egan, J.M. and Ferrucci, L. (2018) 'Age-related changes in glucose metabolism, hyperglycemia, and cardiovascular risk', *Circulation Research*, 123(7), pp. 886–904. Available at: <https://doi.org/10.1161/CIRCRESAHA.118.312806>.

- Chowdhury, A. and S, D. (2019) 'Prevalence and Risk Factor of Prediabetes: A Cross-sectional Study among Young Medical Students in Mangalore', *National Journal of Physiology, Pharmacy and Pharmacology*, (0), p. 1. Available at: <https://doi.org/10.5455/njppp.2019.9.0206110032019>.
- Cleal, B. *et al.* (2015) 'A Prospective Study of Occupational Status and Disability Retirement among Employees with Diabetes in Denmark', *European Journal of Public Health*, 25(4), pp. 617–619. Available at: <https://doi.org/10.1093/eurpub/cku240>.
- Damtie, S. *et al.* (2023) 'The magnitude of undiagnosed diabetes mellitus, prediabetes, and associated factors among adults living in Debre Tabor town, northcentral Ethiopia: A community-based cross-sectional study', *Heliyon*, 9(7). Available at: <https://doi.org/10.1016/j.heliyon.2023.e17729>.
- Darmawan, P.S., Kaligis, S.H.M. and Assa, Y.A. (2016) 'Gambaran Kadar Asam Urat Darah pada Pekerja Kantor', *Jurnal e-Biomedik (eBm)*, 4(2). Available at: <https://doi.org/https://doi.org/10.35790/ebm.v4i2.14615>.
- Decroli, E. (2022) *Prediabetes*. Andalas University Press.
- Febianti, A. *et al.* (2023) 'Pengaruh Tingkat Pendidikan, umur, jenis Kelamin, dan Pengalaman Kerja Terhadap Produktivitas Kerja di Indonesia', *Jurnal Sahmiyya*, 2(1), pp. 198–204.
- Fitri, A. *et al.* (2021) 'Hubungan Tingkat Stress dengan Kadar Gula Darah Pada Polisi yang mengalami Gizi lebih di Polresta Sidenreng Rappang', *JGMI: The Journal of Indonesian Community Nutrition*, 10(1).
- Fujiati, I.I. *et al.* (2017) 'Development and validation of prediabetes risk score for predicting prediabetes among Indonesian adults in primary care: Cross-sectional diagnostic study', *Interventional Medicine and Applied Science*, 9(2), pp. 76–85. Available at: <https://doi.org/10.1556/1646.9.2017.18>.
- Fukunaga, A. *et al.* (2024) 'Diabetes, Prediabetes, and the Risk of a Composite Outcome of Long-term Sickness Absence and Pre-retirement Death Due to Physical Disorders', *Journal of Epidemiology*, 34(3), pp. 105–111. Available at: <https://doi.org/10.2188/jea.JE20220245>.
- Herdianti, Mefriani and Sembiring, F.Y. (2020) 'Determinan Kadar Glukosa Darah Pegawai di Lingkungan Kerja Dinas Kesehatan Provinsi Kepulauan Riau', *Kampurui Jurnal Kesehatan Masyarakat*, 2(2), pp. 30–35. Available at: <https://www.ejournal.lppmunidayan.ac.id/index.p>.
- Hidayatullah, M.A.N. *et al.* (2022) 'Hubungan antara Dislipidemia dengan Diabetes Melitus Tipe 2 di Rumah Sakit Ibnu Sina Makassar', *Fakumi Medical Journal: Jurnal Mahasiswa Kedokteran*, 2(9), pp. 668–677.

- Huang, Y. *et al.* (2016) ‘Association between prediabetes and risk of cardiovascular disease and all cause mortality: Systematic review and meta-analysis’, *BMJ (Online)*, 355. Available at: <https://doi.org/10.1136/bmj.i5953>.
- International Diabetes Federation (2021) *IDF Diabetes Atlas 10th Edition*. International Diabetes Federation. Available at: www.diabetesatlas.org.
- Ismariani, Fajarwati, I. and Suriah (2015) ‘Perilaku Merokok Pegawai Pasca Penerapan Kawasan Tanpa Rokok Di Kantor Walikota Makassar’, *Jurnal MKMI*, pp. 69–75.
- Kelishadi, R. *et al.* (2016) ‘Socioeconomic Disparities in Dietary and Physical Activity Habits of Iranian Children and Adolescents: the CASPIAN-IV Study’, *Arch Iran Med*, (8), pp. 530–537. Available at: <https://pubmed.ncbi.nlm.nih.gov/27544360/> (Accessed: 7 October 2024).
- Kemenkes RI (2018a) *Klasifikasi Hipertensi, P2PTM Kemenkes RI*. Available at: <https://p2ptm.kemkes.go.id/infographic-p2ptm/hipertensi-penyakit-jantung-dan-pembuluh-darah/page/28/klasifikasi-hipertensi> (Accessed: 8 October 2024).
- Kemenkes RI (2018b) *Laporan Nasional Riskesdas 2018*. Jakarta: Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan.
- Kemenkes RI (2019) *Tabel Batas Ambang indeks Massa tubuh (IMT), P2PTM Kemenkes RI*. Available at: <https://p2ptm.kemkes.go.id/infographicp2ptm/obesitas/tabel-batas-ambang-indeks-massa-tubuh-imt> (Accessed: 8 October 2024).
- Kemenkes RI (2020) *Keputusan Menteri Kesehatan Republik Indonesia tentang Pedoman Nasional Pelayanan Kedokteran Tata Laksana Diabetes Melitus Tipe 2 Dewasa*. Jakarta.
- Kemenkes RI (2021) *Pedoman Pengelolaan Prediabetes untuk Tenaga Kesehatan di Fasilitas Pelayanan Kesehatan Tingkat Pertama (FKTP)*. Jakarta: Direktorat Pencegahan dan Pengendalian Penyakit Tidak Menular.
- Killewo, J. (2010) *Epidemiology and Demography in Public Health*. Elsevier.
- Kim, M.J. *et al.* (2015) ‘Hypertension is an Independent Risk Factor for Type 2 Diabetes: The Korean Genome and Epidemiology Study’, *Hypertension Research*, 38(11), pp. 783–789. Available at: <https://doi.org/10.1038/hr.2015.72>.
- Kim, Y.J. *et al.* (2015) ‘Effect of Socio-economic Status on the Prevalence of Diabetes’, *Yonsei Medical Journal*, 56(3), pp. 641–647. Available at: <https://doi.org/10.3349/ymj.2015.56.3.641>.
- Komariah and Rahayu, S. (2020) ‘Hubungan Usia, Jenis Kelamin dan Indeks Massa Tubuh dengan Kadar Gula Darah Puasa pada Pasien Diabetes Melitus Tipe 2 di Klinik Pratama Rawat Jalan Proklamasi, Depok, Jawa Barat’, *Jurnal Kesehatan*

Kusuma Husada, pp. 41–50. Available at:
<https://doi.org/https://doi.org/10.34035/jk.v11i1.412>.

- Kondo, K. (2020) *Social Determinants of Health in Non-communicable Diseases (Case Studies from Japan)*. Springer Series on Epidemiology and Public Health. Available at: <https://doi.org/https://doi.org/10.1007/978-981-15-1831-7>.
- Kristanti, E.E., Huriah, T. and Khoiriyati, A. (2016) ‘Karakteristik Prediabetes di Puskesmas Pesantren I Kota Kediri’, *Jurnal Penelitian Karyawan*, 2(2), pp. 156–164. Available at: <https://doi.org/https://doi.org/10.32660/jurnal.v2i2.273>.
- Kusuma, Syarif and Choirunisa (2023) ‘Efek Gabungan Obesitas dan Aktivitas Fisik Terhadap Kejadian Prediabetes (Analisis Data Indonesian Family Life Survey 5)’, *Jurnal Ilmu Kesehatan Masyarakat*, 12(3), pp. 180–189.
- Kusumawati, N. (2023) *Prediabetes*. Edited by A. Hamid. Eureka Media Aksara.
- Lailler, G. *et al.* (2023) ‘Prevalence and risk factors associated with prediabetes and undiagnosed diabetes in France: The national CONSTANCES cohort’, *Diabetes Epidemiology and Management*, 10. Available at: <https://doi.org/10.1016/j.deman.2022.100121>.
- Lee, P.G. and Halter, J.B. (2017) ‘The pathophysiology of hyperglycemia in older adults: Clinical considerations’, *Diabetes Care*, 40(4), pp. 444–452. Available at: <https://doi.org/10.2337/dc16-1732>.
- LeRoith, D. (2012) *Prevention of Type 2 Diabetes*. New York: Springer. Available at: <https://doi.org/10.1007/978-1-4614-3314-9>.
- Li, J. *et al.* (2012) ‘Work stress is Associated with Diabetes and Prediabetes: Cross-Sectional Results from the MIPH Industrial Cohort Studies’, *International Journal of Behavioral Medicine*, 20(4), pp. 495–503. Available at: <https://doi.org/10.1007/s12529-012-9255-0>.
- Li, S. *et al.* (2014) ‘BMI and Waist Circumference are Associated with Impaired Glucose Metabolism and Type 2 Diabetes in Normal Weight Chinese Adults’, *Journal of Diabetes and its Complications*, 28(4), pp. 470–476. Available at: <https://doi.org/10.1016/j.jdiacomp.2014.03.015>.
- Liberty, I.A. (2016) ‘Hubungan Obesitas dengan Kejadian Prediabetes pada Wanita Usia Produktif’, *Jurnal Kedokteran dan Kesehatan: Publikasi Ilmiah Fakultas Kedokteran Universitas Sriwijaya*, 3(2), pp. 108–113.
- Liberty, I.A. *et al.* (2022) *Kajian Faktor Risiko Prediabetes pada Masyarakat Perkotaan tanpa Riwayat Keluarga Diabetes Tipe 2*. Pekalongan: PT Nasya Expanding Management.

- Lokononto, A.D.M. and Kusumawardhani, D.E. (2019) ‘Gambaran Risiko Prediabetes, Aktivitas Fisik, Perilaku Sedentari, dan Pola Makan Karyawan di Perusahaan “X”’, *Jurnal Psimawa*, 2(1), pp. 63–70. Available at: <http://jurnal.uts.ac.id/index.php/PSIMAWA>.
- Lubis, R.F. and Kanzanabilla, R. (2021) ‘Latihan Senam dapat Menurunkan Kadar Glukosa Darah Pada Penderita Diabetes Melitus Tipe II’, *Jurnal BIKFOKES (Biostatistik, Kependudukan, dan Informatika Kesehatan)*, 1(3), pp. 177–188. Available at: <https://doi.org/10.51181/bikfokes.v1i3.4649>.
- Martins, S.O., Folasire, O.F. and Irabor, A.E. (2017) ‘Prevalence and Predictors of Prediabetes among Administrative Staff of a Tertiary Health Centre, South-Western Nigeria’, *Ann Ib Postgrad Med*, 15, pp. 114–123.
- Megawati, Entianopa and Listiawaty, R. (2020) ‘Hubungan IMT, Shift Kerja dan Stres Kerja dengan Kadar Glukosa Darah Sewaktu pada Karyawan di PT Persada Harapan Kahuripan’, *Mitra Raflesia (Journal of Health Science)*, 12(1). Available at: <https://doi.org/http://dx.doi.org/10.51712/mitrarafliesia.v12i1.26>.
- Meo, S.A. *et al.* (2020) ‘Prevalence of pre diabetes and type 2 diabetes mellitus among cement industry workers’, *Pakistan Journal of Medical Sciences*, 36(2), pp. 32–36. Available at: <https://doi.org/10.12669/pjms.36.2.1266>.
- Moini, J. (2019) *Epidemiology of Diabetes*. Available at: <https://doi.org/https://doi.org/10.1016/C2018-0-01562-5>.
- Mongkolsucharitkul, P. *et al.* (2024) ‘Metabolic and genetic risk factors associated with pre-diabetes and type 2 diabetes in Thai healthcare employees: A long-term study from the Siriraj Health (SIH) cohort study’, *PLoS ONE*, 19(6 June). Available at: <https://doi.org/10.1371/journal.pone.0303085>.
- Moray, F.A., Rattu, J.A.M. and Josephus, J. (2016) ‘Faktor - Faktor yang Berhubungan dengan Aktivitas Fisik pada Pegawai PT. Bank Negara Indonesia (BNI) Cabang Manado Tahun 2015’, *PHARMACON Jurnal Ilmiah Farmasi - UNSRAT*, 5(1).
- Mujiono, M., Udijono, A. and Kusuma, D. (2023) ‘Faktor-Faktor yang Berhubungan dengan Kejadian Prediabetes’, *Media Kesehatan Masyarakat Indonesia*, 22(5), pp. 314–318. Available at: <https://doi.org/10.14710/mkmi.22.5.314-318>.
- National Center for Chronic Disease Prevention and Health Promotion (US) Office on Smoking and Health (2014) *The Health Consequences of Smoking - 50 Years of Progress: A Report of the Surgeon General*. Atlanta (GA): Centers for Disease Control and Prevention (US). Available at: <https://www.ncbi.nlm.nih.gov/books/NBK179276/> (Accessed: 28 September 2024).
- Nurdin, N.A. *et al.* (2022) ‘Hubungan Kadar High Density Lipoprotein (HDL) terhadap Glukosa Darah Sewaktu pada Penderita Diabetes Mellitus di RS Benyamin Guluh

- Kolaka', *Jurnal Analis Kesehatan Kendari (JAKK)*, 5(1), p. 30. Available at: <https://doi.org/https://doi.org/10.46356/jakk.v5i1.220>.
- Nurjanah, F. and Roosita, K. (2015) 'Gaya Hidup dan Kejadian Sindrom Metabolik pada Karyawan Laki - Laki berstatus Gizi Obes di PT. Indocement Citeureup', *Jurnal Gizi dan Pangan*, 10(1), pp. 17–24. Available at: <https://doi.org/https://doi.org/10.25182/jgp.2015.10.1.%25p>.
- Pahlawati, A. and Nugroho, S. (2019) 'Hubungan Tingkat Pendidikan dan Usia dengan Kejadian Diabetes Melitus di Wilayah Kerja Puskesmas Palaran Kota Samarinda Tahun 2019', *Borneo Student Research*, 1(1), pp. 1–5.
- Paramita, D.P. and Lestari, W. (2019) 'Pengaruh Riwayat Keluarga terhadap Kadar Glukosa Darah pada Dewasa Muda Keturunan Pertama dari Penderita Diabetes Mellitus Tipe 2 di Denpasar Selatan', *E-JURNAL MEDIKA*, 8(1), pp. 61–66. Available at: <https://ojs.unud.ac.id/index.php/eum>.
- Perhimpunan Dokter Paru Indonesia (2023) *Penyakit Paru Obstruktif Kronik (PPOK) Pedoman Diagnosis dan Penatalaksanaan di Indonesia*. Jakarta: Perhimpunan Dokter Paru Indonesia.
- Perkeni (2021) *Pedoman Pengelolaan dan Pencegahan Diabetes Melitus Tipe 2 di Indonesia 2021*. Jakarta: PB. PERKENI. Available at: <https://pbperkeni.or.id/wp-content/uploads/2021/11/22-10-21-Website-Pedoman-Pengelolaan-dan-Pencegahan-DMT2-Ebook.pdf> (Accessed: 11 August 2024).
- Phan, D.H. *et al.* (2022) 'Assessment of the risk factors associated with type 2 diabetes and prediabetes mellitus: A national survey in Vietnam', *Medicine (United States)*, 101(41), p. E31149. Available at: <https://doi.org/10.1097/MD.00000000000031149>.
- Pratiwi, W.R., Hediningsih, Y. and Isworo, J.T. (2021) 'Hubungan Kadar Glukosa Darah dengan Kadar HDL (High Density Lipoprotein) pada Pasien Diabetes Melitus Tipe 2', *Jurnal Labora Medika* 5, 5(1), pp. 29–34. Available at: <https://doi.org/https://doi.org/10.26714/jlabmed.5.1.2021.29-34>.
- Purba, L. *et al.* (2021) 'Faktor Risiko Prediabetes pada Mahasiswa Keperawatan di Satu Universitas Swasta Indonesia Barat', *56 Nursing Current*, 9(1).
- Ramdhani Komaruddin, S. and Mukhlas Fikri, A. (2024) 'Hubungan Konsumsi Sugar Sweetened Beverage, Aktivitas Fisik dan Tingkat Stres dengan Kejadian Prediabetes', *Jurnal Ilmiah Wahana Pendidikan*, 10(8), pp. 911–922. Available at: <https://doi.org/10.5281/zenodo.11125542>.
- Reviriego, J. *et al.* (2016) 'Prevalence of impaired fasting glucose and type 1 and 2 diabetes mellitus in a large nationwide working population in Spain', 63(4), pp. 157–163. Available at: <https://doi.org/https://doi.org/10.1016/j.endoen.2016.04.007>.

- Rokom (2019) *Derajat Kesehatan 40% Dipengaruhi Lingkungan, Kemenkes RI*. Available at: <http://sehatnegeriku.kemkes.go.id> (Accessed: 1 January 2025).
- Rudi, A. and Kwureh, H.N. (2017) 'Faktor Risiko yang Mempengaruhi Kadar Gula Darah Puasa pada Pengguna Layanan Laboratorium', *Wawasan Kesehatan: Jurnal Ilmiah Ilmu Kesehatan*, 3(2), pp. 33–39.
- Salveti, A. *et al.* (1993) 'The Inter-Relationship between Insulin Resistance and Hypertension', *Drugs*, 46(2), pp. 149–159.
- Sari, D.A.M. *et al.* (2020) 'Prevalensi dan Faktor Penentu Prediabetes pada Wanita Muda Obesitas di Kota Denpasar tahun 2019', *Intisari Sains Medis*, 11(3), pp. 1000–1004. Available at: <https://doi.org/10.15562/ism.v11i3.701>.
- Shakya, P. *et al.* (2022) 'Prevalence of prediabetes and associated factors of prediabetic stages: A cross-sectional study among adults in Nepal', *BMJ Open*, 12(12). Available at: <https://doi.org/10.1136/bmjopen-2022-064516>.
- SKI (2023) *Survei Kesehatan Indonesia (SKI) 2023 Dalam Angka*. Jakarta: Badan Kebijakan Pembangunan Kesehatan. Available at: <https://www.badankebijakan.kemkes.go.id/ski-2023-dalam-angka/> (Accessed: 11 August 2024).
- de Souza Santos, R. *et al.* (2020) 'Combined Use of Job Stress Models and the Incidence of Glycemic Alterations (Prediabetes and Diabetes): Results from ELSA-Brasil Study', *International journal of environmental research and public health*, 17(5). Available at: <https://doi.org/10.3390/ijerph17051539>.
- Sovia, S., Damayantie, N. and Insani, N. (2020) 'Determinan Faktor Prediabetes di Kota Jambi Tahun 2019', *Jurnal Ilmiah Universitas Batanghari Jambi*, 20(3), p. 983. Available at: <https://doi.org/10.33087/jiubj.v20i3.1088>.
- Stynen, D., Jansen, N.W.H. and Kant, IJ. (2015) 'The Impact of Depression and Diabetes Mellitus on Older Workers' Functioning', *Journal of Psychosomatic Research*, 79(6), pp. 604–613. Available at: <https://doi.org/10.1016/j.jpsychores.2015.07.008>.
- Sui, H. *et al.* (2016) 'Association between work-related stress and risk for type 2 diabetes: A systematic review and meta-analysis of prospective cohort studies', *PLoS ONE*, 11(8). Available at: <https://doi.org/10.1371/journal.pone.0159978>.
- Sukenty, N.T., Shaluhiah, Z. and Suryoputro, A. (2018) 'Faktor Perilaku dan Gaya Hidup yang Mempengaruhi Status Prediabetes Pasien Puskesmas Pati II', *Jurnal Promosi Kesehatan Indonesia*, 13(2), pp. 129–142. Available at: <https://doi.org/10.14710/jpki.13.2.129-142>.

- Susilawati and Rahmawati, R. (2021) 'Hubungan Usia, Jenis Kelamin dan Hipertensi dengan Kejadian Diabetes Mellitus Tipe 2 di Puskesmas Tugu Kecamatan Cimanggis Kota Depok', *ARKESMAS* [Preprint], (1).
- Tabano *et al.* (2018) 'Estimating the Impact of Diabetes Mellitus on Worker Productivity Using Self-Report, Electronic Health Record and Human Resource Data', *Journal of Occupational and Environmental Medicine*, 60(11), pp. 569–574. Available at: <https://doi.org/10.1097/JOM.0000000000001441>.
- Tasya, Z. *et al.* (2020) *Pradiabetes = Preventdiabetes (Kajian Memahami Silent Killer Asimtomatik)*. Bandung: Media Sains Indonesia.
- The Marlin Company and The American Institute of Stress (1978) *The Workplace Stress Scale*. Available at: <https://www.stress.org/wp-content/uploads/2023/02/The-Workplace-Stress-Scale.pdf> (Accessed: 7 October 2024).
- Ugahari, L.E., Mewo, Y.M. and Kaligis, S.H.M. (2016) 'Gambaran Kadar Glukosa Darah Puasa pada Pekerja Kantor', *Jurnal e-Biomedik (eBm)*, 4(2). Available at: <https://doi.org/https://doi.org/10.35790/ebm.v4i2.14616>.
- Utami, R.F. *et al.* (2020) 'Hubungan Lingkar Perut dengan Profil Lipid Terhadap Kejadian Prediabetes di Yogyakarta', *Proceeding Book Call for Paper Thalamus: Medical Research For Better Health In Pandemic*, pp. 61–71. Available at: <http://hdl.handle.net/11617/12409> (Accessed: 6 October 2024).
- Vatcheva, K.P. *et al.* (2020) 'Sex and age differences in prevalence and risk factors for prediabetes in Mexican-Americans', *Diabetes Research and Clinical Practice*, 159. Available at: <https://doi.org/10.1016/j.diabres.2019.107950>.
- Waddell, Gordon. and Burton, A.Kim. (2007) *Is Work Good for your Health and Well-being?* London: TSO (The Stationery Office). Available at: <https://cardinal-management.co.uk/wp-content/uploads/2016/04/Burton-Waddell-is-work-good-for-you.pdf> (Accessed: 20 October 2024).
- Wido Mukti, A. *et al.* (2023) 'Profile of Prediabetes pada Usia Produktif'. Available at: <https://ejurnal.ung.ac.id/index.php/jjhsr/index>.
- Zahtamal, Z., Prabandari, Y.S. and Setyawati, L. (2014) 'Prevalensi Sindrom Metabolik pada Pekerja Perusahaan', *Kesmas: National Public Health Journal*, 9(2), pp. 113–120. Available at: <https://doi.org/10.21109/kesmas.v9i2.499>.