

DAFTAR PUSTAKA

- Abadi, E & Tahiruddin 2020, “Indeks Massa Tubuh (IMT) Penderita Diabetes Mellitus Tipe 2 di Puskesmas Poasia Kota Kendari,” *Jurnal Kesehatan Masyarakat Celebes*, vol. 1, no. 3, hal. 1–6.
- Allegrante, JP, Wells, MT, & Peterson, JC 2019, “Interventions to Support Behavioral Self-Management of Chronic Diseases,” *Annual Review of Public Health*, vol. 40, hal. 127–146.
- Arania, R, Triwahyuni, T, Esfandiari, F, & Nugraha, FR 2021, “Hubungan antara Usia, Jenis Kelamin, dan Tingkat Pendidikan dengan Kejadian Diabetes Melitus di Klinik Mardi Waluyo Lampung Tengah,” *Jurnal Medika Malahayati*, vol. 5, no. 3, hal. 146–153.
- Aristoteles 2018, “Korelasi Umur dan Jenis Kelamin dengan Penyakit Hipertensi di Emergency Center Unit Rumah Sakit Islam Siti Khadijah Palembang 2017,” *Indonesia Jurnal Perawat*, vol. 3, no. 1, hal. 9–16.
- Asil, E, Surucuoglu, MS, Cakiroglu, FP, Ucar, A, Ozcelik, AO, Yilmaz, MV, & Akan, LS 2014, “Factors that Affect Body Mass Index of Adults,” *Pakistan Journal of Nutrition*, vol. 13, no. 5, hal. 255–260.
- Ayuningtyas, RF 2020, *Gambaran Indeks Massa Tubuh (IMT) dan Asupan Magnesium antara Pasien Hipertensi dan Non Hipertensi di Kota Surakarta*. Universitas Muhammadiyah Surakarta.
- Azizah, W, Hasanah, U, & Pakarti, AT 2022, “Penerapan Slow Deep Breathing terhadap Tekanan Darah pada Pasien Hipertensi,” *Jurnal Cendikia Muda*, vol. 2, no. 4.
- Balitbangkes 2018, *Laporan Nasional Riskesdas 2018*. Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan, Jakarta.
- Banday, MZ, Sameer, AS, & Nissar, S 2020, “Pathophysiology of Diabetes: An Overview,” *Avicenna Journal of Medicine*, vol. 10, no. 4, hal. 174–188. Tersedia pada: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7791288/>.
- Bebasari, E & Nugraha, DP 2017, “Perbandingan Indeks Massa Tubuh Pada Pasien Hipertensi Dengan Tekanan Darah Yang Terkontrol dan Tidak Terkontrol di RSUD Arifin Achmad Provinsi Riau,” *Jurnal Ilmu Kedokteran*, vol. 11, no. 2, hal. 88–91.
- Bell, K, Twiggs, J, & Olin, BR 2015, *Hypertension: The Silent Killer: Updated JNC-8 Guideline Recommendations*. Alabama Pharmacy Association.
- Bohon, C 2019, “Binge Eating Disorder in Children and Adolescents,” *Child and Adolescent Psychiatric Clinic of North America*, vol. 28, no. 4, hal. 549–555.
- Boku, A & Suprayitno, E 2019, “Faktor-Faktor yang berhubungan terhadap Kadar Gula Darah Pada Penderita Diabetes Melitus Tipe II di RS PKU Muhammadiyah Yogyakarta,” *Universitas 'Aisyiyah Yogyakarta*, hal. 1–13.
- Borga, M, West, J, Bell, JD, Harvey, NC, Romu, T, Heymsfield, SB, & Leinhard, OD 2018, “Advanced Body Composition Assessment: from Body Mass

- Index to Body Composition Profiling,” *Journal of Investigative Medicine*, vol. 66, no. 5, hal. 887–895.
- BPJS Kesehatan 2020, “Implementasi Prolanis di Masa Pandemi Covid-19,” in, *Info BPJS Kesehatan*, hal.24. BPJS Kesehatan, Jakarta Pusat. Tersedia pada: <https://www.bpjs-kesehatan.go.id/bpjs/dmdocuments/6796d4c90a3784e30e52c3f4a8aff0a6.pdf>.
- Casadei, K & Kiel, J 2022, *Anthropometric Measurement*, StatPearls Publishing. Tersedia pada: <https://www.ncbi.nlm.nih.gov/books/NBK537315/>. [15 Mei 2023].
- CDC 2022, *About Chronic Disease*, Centers for Disease Control and Prevention. Tersedia pada: <https://www.cdc.gov/chronicdisease/about/index.htm>. [20 April 2023].
- Chobanian, A V., Bakris, GL, Black, HR, Cushman, WC, Green, LA, Izzo, JL, Jones, DW, Materson, BJ, Oparil, S, & Wright, JT 2003, *The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure*. National Institutes of Health. Tersedia pada: <https://www.nhlbi.nih.gov/files/docs/guidelines/express.pdf>.
- Cole, JB & Florez, JC 2020, “Genetics of Diabetes and Diabetes Complications,” *Nature Review Nephrology*, vol. 16, no. 7, hal. 377–390. Tersedia pada: <https://pubmed.ncbi.nlm.nih.gov/32398868/>.
- Darussalam, M & Warseno, A 2017, “Faktor yang Berhubungan dengan Pasien Hipertensi Tidak Terkontrol di Puskesmas,” *Jurnal Keperawatan Klinis dan Komunitas*, vol. 1, no. 2, hal. 72–80.
- Dinas Kesehatan Kabupaten Buleleng 2021, *Profil Kesehatan Kabupaten Buleleng 2021*. Buleleng. Tersedia pada: <https://diskes.baliprov.go.id/download/profil-kesehatan-buleleng-2021/#>.
- Dobner, J & Kaser, S 2018, “Body Mass Index and The Risk of Infection - from Underweight to Obesity,” *Clinical Microbiology and Infection*, vol. 24, no. 1, hal. 24–28.
- Farhadi, F, Aliyari, R, Ebrahimi, H, Hashemi, H, Emamian, MH, & Fotouhi, A 2023, “Prevalence of Uncontrolled Hypertension and Its Associated Factors in 50–74 Years Old Iranian Adults: A Population-Based Study,” *BMC Cardiovascular Disorders*, vol. 23, no. 318, hal. 1–10.
- Frank, GW, Shott, ME, & DeGuzman, MC 2019, “The Neurobiology of Eating Disorders,” *Child and Adolescent Psychiatric Clinic of North America*, vol. 28, no. 4, hal. 629–640.
- Fryar, CD, Kruszon-Moran, D, Gu, Q, & Ogden, CL 2018, “Mean Body Weight, Height, Waist Circumference, and Body Mass Index Among Adults: United States, 1999–2000 Through 2015–2016,” *National Health Statistics Reports*, , no. 122, hal. 1–16.
- Golubnitschaja, O, Liskova, A, Koklesova, L, Samec, M, Biringier, K, Büsselberg, D, Podbielska, H, Kunin, AA, Evseyeva, ME, Shapira, N, Paul, F, Erb, C,

- Dietrich, DE, Felbel, D, Bubnov, R, Polivka, J, Jiri Polivka, J, Birkenbihl, C, Fröhlich, H, Hofmann-Apitius, M, & Kubatka, P 2021, "Caution, 'normal' BMI: health risks associated with potentially masked individual underweight—EPMA Position Paper 2021," *EPMA Journal*, vol. 12, no. 3, hal. 243–246.
- Gorrell, S & Grange, D Le 2019, "Update on Treatments for Adolescent Bulimia Nervosa," *Child and Adolescent Psychiatric Clinic of North America*, vol. 28, no. 4, hal. 537–547.
- Hafsah, T, Prawitasari, T, & Djais, JTB 2019, "Malnutrisi Rumah Sakit dan Asuhan Nutrisi Pediatrik di Rumah Sakit Hasan Sadikin Bandung," *Jurnal Gizi Klinik Indonesia*, vol. 19, no. 2, hal. 47–57.
- Held, C, Hadziosmanovic, N, Aylward, PE, Hagström, E, Hochman, JS, Stewart, RAH, White, HD, & Wallentin, L 2022, "Body Mass Index and Association With Cardiovascular Outcomes in Patients With Stable Coronary Heart Disease – A Stability Substudy," *Journal of the American Heart Association*, vol. 11, no. 3, hal. 1–15.
- Hoogwerf, BJ 2020, "Type of Diabetes Mellitus: Does it matter to the clinician?," *Cleveland Clinic Journal of Medicine*, vol. 87, no. 2, hal. 100–108. Tersedia pada: <https://pubmed.ncbi.nlm.nih.gov/32015063/>.
- Kalehoff, JP & Oparil, S 2020, "The Story of the Silent Killer: A History of Hypertension: Its Discovery, Diagnosis, Treatment, and Debates," *Current Hypertension Reports*, vol. 22, no. 9, hal. 1–14.
- Khanna, D, Peltzer, C, Kahar, P, & Parmar, MS 2022, "Body Mass Index (BMI): A Screening Tool Analysis," *Cureus*, vol. 14, no. 2, hal. 1–6.
- Kharroubi, AT & Darwish, HM 2015, "Diabetes Mellitus: The Epidemic of The Century," *World Journal of Diabetes*, vol. 6, no. 6, hal. 850–867. Tersedia pada: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4478580/>.
- Komariah & 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*, hal. 41–50.
- Kumreg 2014, *Buku Panduan Praktis PROLANIS*. BPJS Kesehatan.
- Lestari, NF, Sawitri, E, & Fitriany, E 2022, "Kepatuhan Minum Obat dan Indeks Massa Tubuh (IMT) Berhubungan dengan Tekanan Darah Pasien Hipertensi Prolanis di Puskesmas Segiri Kota Samarinda," *Jurnal Medika Karya Ilmiah Kesehatan*, vol. 7, no. 1, hal. 1–10.
- Lestari, Zulkarnain, & Sijid, SA 2021, "Diabetes Melitus: Review Etiologi, Patofisiologi, Gejala, Penyebab, Cara Pemeriksaan, Cara Pengobatan dan Cara Pencegahan," *Prosiding Biologi Achieving the Sustainable Development Goals with Biodiversity in Confronting Climate Change*.
- Little, M, Humphries, S, Patel, K, & Dewey, C 2016, "Factors Associated with BMI, Underweight, Overweight, and Obesity Among Adults in A Population of Rural South India: A Crosssectional Study," *BioMed Central (BMC)*

- Obesity*, vol. 3, no. 12, hal. 1–13.
- Mijatovic-Vukas, J, Capling, L, Cheng, S, Stamatakis, E, Louie, J, Cheung, NW, Markovic, T, Ross, G, Senior, A, Brand-Miller, JC, & Flood, VM 2018, “Associations of Diet and Physical Activity with Risk for Gestational Diabetes Mellitus: A Systematic Review and Meta-Analysis,” *Nutrients*, vol. 10, no. 6, hal. 1–19. Tersedia pada: <https://pubmed.ncbi.nlm.nih.gov/29849003/>.
- Montalvo-Prieto, A, Cabrera-Nanclares, B, & Quinones-Arrieta, S 2012, “Chronic Illness and Suffering: A Literature Review,” *Aquichan*, vol. 12, no. 2, hal. 134–143.
- Mulyadi, M 2012, “RISET DESAIN DALAM METODOLOGI PENELITIAN,” *Jurnal Studi Komunikasi dan Media*, vol. 16, no. 1, hal. 71–80.
- National Institute of Health 1998, *Clinical Guidelines on The Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*. NIH Publication. Tersedia pada: https://www.nhlbi.nih.gov/files/docs/guidelines/ob_gdlns.pdf.
- Neale, J & Hudson, LD 2020, “Anorexia nervosa in adolescents,” *British Journal of Hospital Medicine*, vol. 81, no. 6, hal. 1–6.
- Niswatin, D, Cahyawati, WASN, & Rosida, L 2021, “Literature Review: Hubungan Indeks Massa Tubuh (IMT) dengan Massa Otot pada Lansia,” *Homeostatis*, vol. 4, no. 1, hal. 171–180.
- Nugroho, AN, Antara, AN, & Chasanah, SU 2022, “Hubungan Status Gizi dengan Kejadian Hipertensi pada Lanjut Usia di Desa Girisekar Wilayah Kerja Puskesmas Panggang II Kabupaten Gunungkidul,” *Jurnal Kesehatan Samodra Ilmu*, vol. 13, no. 1–4.
- Nuraeni, E 2019, “Hubungan Usia dan Jenis Kelamin Beresiko dengan Kejadian Hipertensi di Klinik X Kota Tangerang,” *Jurnal JKFT: Universitas Muhammadiyah Tangerang*, vol. 4, no. 1, hal. 1–6.
- Pangribowo, S 2020, “Tetap Produktif, Cegah, dan Atasi Diabetes Melitus,” *Pusat Data dan Informasi Kementerian Kesehatan RI*, hal. 6.
- Park, D, Lee, J-H, & Han, S 2017, “Underweight: Another Risk Factor For Cardiovascular Disease?,” *Medicine*, vol. 96, no. 48, hal. 1–7.
- Perkeni 2021, *Pedoman Pengelolaan dan Pencegahan Diabetes Melitus Tipe 2 Dewasa di Indonesia*. PB. PERKENI. Tersedia pada: <https://pbperkeni.or.id/wp-content/uploads/2021/11/22-10-21-Website-Pedoman-Pengelolaan-dan-Pencegahan-DMT2-Ebook.pdf>.
- Primavera, M, Giannini, C, & Chiarelli, F 2020, “Prediction and Prevention of Type 1 Diabetes,” *Frontiers in Endocrinology*, vol. 11, no. 248, hal. 1–9. Tersedia pada: <https://pubmed.ncbi.nlm.nih.gov/32670194/>.
- Putra, IWMM, Budyono, C, Ekawanti, A, & Anggoro, J 2023, “Factors Affecting Controlled Blood Sugar Levels in Patients with Type 2 Diabetes Mellitus at the Internal Medicine Polyclinic at the Regional General Hospital of West Nusa Tenggara Province,” *Jurnal Biologi Tropis*, vol. 23, no. 1, hal. 65–72.

- Putri, MG, Seno, HNH, & Adi, MS 2022, "Hubungan Indeks Massa Tubuh dan Tingkat Aktivitas Fisik dengan Kontrol Glikemik Diabetes Melitus Tipe 2," *Jurnal Epidemiologi Kesehatan Komunitas*, vol. 7, no. 1, hal. 341–350.
- Raraswati, A, Heryaman, H, & Soetedjo, NNM 2018, "Peran Program Prolanis dalam Penurunan Kadar Gula Darah Puasa pada Pasien Diabetes Melitus Tipe 2 di Puskesmas Kecamatan Jatinangor," *Jurnal Sistem Kesehatan*, vol. 4, no. 2, hal. 65–70.
- Raveendran, A V, Chacko, EC, & Pappacha, JM 2018, "Non-pharmacological Treatment Options in the Management of Diabetes Mellitus," *European Endocrinology*, vol. 14, no. 2, hal. 31–39. Tersedia pada: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6182920/>.
- Rismawan, M, Handayani, NMT, & Rahayuni, IGAR 2023, "Hubungan Kepatuhan Minum Obat terhadap Kadar Gula Darah Sewaktu Pada Penderita Diabetes Mellitus Tipe II," *Jurnal Riset Media Keperawatan*, vol. 6, no. 1, hal. 23–30.
- Rosdiana, AI, Raharjo, BB, & Indarjo, S 2017, "Implementasi Program Pengelolaan Penyakit Kronis (Prolanis)," *Higeia Journal of Public Health Research and Development*, vol. 1, no. 3, hal. 140–150.
- Sagaro, GG, Canio, M Di, & Amenta, F 2020, "Correlation Between Body Mass Index and Blood Pressure in Seafarers," *Clinical and Experimental Hypertension*, vol. 43, no. 2, hal. 189–195.
- Sapra, A & Bhandari, P 2022, *Diabetes Mellitus*. StatPearls Publishing, Treasure Island (FL). Tersedia pada: https://www.ncbi.nlm.nih.gov/books/NBK551501/#_NBK551501_pubdet_.
- Sepp, E, Kolk, H, Ivukene, K Lo, & Mikelsaar, M 2014, "Higher blood glucose level associated with body mass index and gut microbiota in elderly people," *Microbial Ecology in Health & Disease*, vol. 25.
- Sihombing, F, Niati, Y, & Friskila, A 2014, "Hubungan Indeks Massa Tubuh dan Kualitas Hidup Peserta Program Pengelolaan Penyakit Kronis (Prolanis) di 2 Puskesmas di Kabupaten Bandung Barat," *E-Journal STIKES Santo Borromeus*, hal. 48–52.
- Siregar, HD, Marlindawani, J, Harefa, K, Ketaren, O, & Rohana, T 2021, "Faktor-Faktor Yang Berhubungan dengan Hipertensi di Puskesmas Teladan Kota Medan Tahun 2021," *Journal of Healthcare Technology and Medicine*, vol. 7, no. 2, hal. 985–1001.
- Siswanto, Y, Widyawati, SA, Wijaya, AA, Salfana, BD, & Karlina 2020, "Hipertensi pada Remaja di Kabupaten Semarang," *Jurnal Penelitian dan Pengembangan Kesehatan Masyarakat Indonesia*, vol. 1, no. 1, hal. 11–17.
- Słowik, J, Grochowska-Niedworok, E, Maciejewska-Paszek, I, Kardas, M, Niewiadomska, E, Szostak-Trybuś, M, Palka-Słowik, M, & Irzyniec, T 2019, "Nutritional Status Assessment in Children and Adolescents with Various Levels of Physical Activity in Aspect of Obesity," *Obesity Fact: The European Journal of Obesity*, vol. 12, hal. 554–563.
- Solis-Herrera, C, Triplitt, C, Reasner, C, DeFronzo, RA, & Cersosimo, E 2018,

- Classification of Diabetes Mellitus*. MDText.com, inc., South Dartmouth (MA). Tersedia pada: <https://www.ncbi.nlm.nih.gov/books/NBK279119/?report=reader>.
- Sugiyono 2013, *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Alfabeta, Bandung.
- Suryani, Rosdiana, D, & Christianto, E 2016, “Gambaran Status Gizi Pasien Diabetes Melitus Tipe 2 Di Bangsal Penyakit Dalam Rsud Arifin Achmad Provinsi Riau,” *Jurnal Online Mahasiswa (JOM) FK*, vol. 3, no. 1, hal. 1–12.
- Thesman, MIB 2019, “Hubungan antara Usia, Jenis Kelamin dan Indeks Massa Tubuh dengan Kejadian Hipertensi di Rumkital Dr. Ramelan Surabaya,” *Hang Tuah Medical Journal*, vol. 17, no. 1, hal. 1–9.
- Toledano, BRF & Vilela, GC 2023, “Underweight and Normal Weight Central Obesity Among Filipinos and its Association with Cardiovascular Risks and Diseases,” *Journal of Asian Pacific Society of Cardiology*, vol. 2, hal. 2723.
- Ulumuddin, I & Yhuwono, Y 2018, “Hubungan Indeks Massa Tubuh dengan Tekanan Darah pada Lansia di Desa Pesucen, Banyuwangi,” *Jurnal Kesehatan Masyarakat Indonesia*, vol. 13, no. 1, hal. 1–6.
- Unger, T, Borghi, C, Charchar, F, Khan, NA, Poulter, NR, Prabhakaran, D, Ramirez, A, Schlaich, M, Stergiou, GS, Tomaszewski, M, Wainford, RD, Williams, B, & Schutte, AE 2020, *2020 International Society of Hypertension Global Hypertension Practice Guidelines*. American Heart Association.
- Utomo, AA, R, AA, Rahmah, S, & Amalia, R 2020, “FAKTOR RISIKO DIABETES MELLITUS TIPE 2: A SYSTEMATIC REVIEW,” *Jurnal Kajian dan Pengembangan Kesehatan Masyarakat*, vol. 1, no. 1, hal. 44–53. Tersedia pada: <https://jurnal.umj.ac.id/index.php/AN-NUR>.
- Wahyuni, TB, Meikawati, W, & Rokhani 2022, “Hubungan Lama Kepesertaan dan Kepatuhan Melakukan Kunjungan ke Prolanis terhadap Status Tekanan Darah Pasien Hipertensi di Puskesmas Rakit 1 Banjarnegara,” *Fakultas Kesehatan Masyarakat Universitas Muhammadiyah Semarang*.
- Weir, CB & Jan, A 2022, *BMI Classification Percentile And Cut Off Points, StatPearls Publishing*. Tersedia pada: <https://www.ncbi.nlm.nih.gov/books/NBK541070/>. [15 Mei 2023].
- WHO 2010, *A Healthy Lifestyle - WHO Recommendations, World Health Organization*. Tersedia pada: <https://www.who.int/europe/news-room/fact-sheets/item/a-healthy-lifestyle---who-recommendations>. [15 Mei 2023].
- WHO 2023a, *Diabetes, World Health Organization*. Tersedia pada: <https://www.who.int/news-room/fact-sheets/detail/diabetes>. [20 April 2023].
- WHO 2023b, *Hypertension, World Health Organization*. Tersedia pada: <https://www.who.int/news-room/fact-sheets/detail/hypertension>. [20 April 2023].
- Widiasari, KR, Wijaya, IMK, & Suputra, PA 2021, “DIABETES MELLITUS TIPE 2: FAKTOR RISIKO, DIAGNOSIS, DAN TATALAKSANA,” *Ganesha Medicina Journal*, vol. 1, no. 2, hal. 114–120.

- Wijaya, GBR, Muliarta, IM, & Permana, P 2020, “Faktor-faktor yang berpengaruh pada Indeks Massa Tubuh (IMT) pada anak Sekolah Menengah Atas (SMA) di Kecamatan Buleleng, Bali, Indonesia tahun 2016,” *Intisari Sains Medis*, vol. 11, no. 1, hal. 223–227.
- Yacob, R, Ilham, R, & Syamsuddin, F 2023, “Hubungan Kepatuhan Minum Obat dengan Penurunan Tekanan Darah Pada Pasien Hipertensi Program Prolanis di Wilayah Kerja Puskesmas Tapa,” *Termometer: Jurnal Ilmiah Ilmu Kesehatan dan Kedokteran*, vol. 1, no. 2, hal. 58–67.

