

DAFTAR PUSTAKA

- Ahmad, N., Adam, S. I. M., Nawi, A. M., et al. (2016). Abdominal Obesity Indicators: Waist Circumference or Waist-to-hip Ratio in Malaysian Adults Population. *International Journal of Preventive Medicine*, 7, 82. <https://doi.org/10.4103/2008-7802.183654>
- Amaral, M. A., Mundstock, E., Scarpato, C. H., et al. (2022). Reference percentiles for bioimpedance body composition parameters of healthy individuals: A cross-sectional study. *Clinics*, 77. <https://doi.org/10.1016/j.clinsp.2022.100078>
- Anoop, S., & Kapoor, N. (2020). Normal-weight Obesity: A Hidden Pandemic. In *Obesity and Diabetes*. https://doi.org/10.1007/978-3-030-53370-0_26
- Ashtary-Larky, D., Niknam, S., Alipour, M., et al. (2023). Are Women with Normal-Weight Obesity at Higher Risk for Cardiometabolic Disorders? *Biomedicines*, 11(2), 341. <https://doi.org/10.3390/biomedicines11020341>
- Ballesteros-Pomar, M. D., González-Arnáiz, E., Pintor-de-la Maza, B., et al. (2022). Bioelectrical impedance analysis as an alternative to dual-energy x-ray absorptiometry in the assessment of fat mass and appendicular lean mass in patients with obesity. *Nutrition*, 93. <https://doi.org/10.1016/j.nut.2021.111442>
- Barbalho, S. M., Tofano, R. J., de Oliveira, M. B., et al. (2019). HDL-C and non-HDL-C levels are associated with anthropometric and biochemical parameters. *Jornal Vascular Brasileiro*, 18, 1–5. <https://doi.org/10.1590/1677-5449.180109>
- Bellissimo, M. P., Bettermann, E. L., Tran, P. H., et al. (2021). *Physical fitness but not diet quality distinguishes lean and normal weight obese adults Moriah*. 120(12), 1963–1973. <https://doi.org/10.1016/j.jand.2020.07.020>
- Bosomworth, N. J. (2019). Normal-weight central obesity: Unique hazard of the toxic waist. *Canadian Family Physician Medecin de Famille Canadien*, 65(6), 399–408.
- Cembrowska, P., Stefańska, A., & Odrowąż-Sypniewska, G. (2017). Obesity phenotypes: normal-weight individuals with metabolic disorders versus metabolically healthy obese. *Medical Research Journal*, 1(3), 95–99. <https://doi.org/10.5603/mrj.2016.0016>
- Chaston, T. B., & Dixon, J. B. (2008). Factors associated with percent change in visceral versus subcutaneous abdominal fat during weight loss: findings from a systematic review. *International Journal of Obesity* (2005), 32(4), 619–628. <https://doi.org/10.1038/sj.ijo.0803761>
- Cho, Y. K., Lee, Y. La, & Jung, C. H. (2022). Pathogenesis, Murine Models, and Clinical Implications of Metabolically Healthy Obesity. *International Journal of Molecular Sciences*, 23(17). <https://doi.org/10.3390/ijms23179614>
- Correa-Rodríguez, M., González-Ruíz, K., Rincón-Pabón, D., et al. (2020). Normal-Weight Obesity Is Associated with Increased. *Nutrients*, 12(4), 1106.
- De Lorenzo, A., Soldati, L., Sarlo, F., et al. (2016). New obesity classification criteria as a tool

- for bariatric surgery indication. *World Journal of Gastroenterology*, 22(2), 681–703. <https://doi.org/10.3748/wjg.v22.i2.681>
- Dinas Kesehatan Kota Padang. (2021). *Profil Kesehatan Kota Padang*. <https://dinkes.padang.go.id/>
- Dominiczak, A. F., Grassi, G., Jordan, J., & Poulter, N. R. (2019). *Hypertension*. <https://doi.org/10.1038/nrdp.2018.14.Hypertension>
- Dun, Q., Xu, W., Fu, M., et al. (2021). Physical Activity, Obesity, and Hypertension among Adults in a Rapidly Urbanised City. *International Journal of Hypertension*, 2021, 9982562. <https://doi.org/10.1155/2021/9982562>
- Franco, L. P., Morais, C. C., & Cominetti, C. (2016). Normal-weight obesity syndrome: Diagnosis, prevalence, and clinical implications. *Nutrition Reviews*, 74(9), 558–570. <https://doi.org/10.1093/nutrit/nuw019>
- Geissler, C., & Powers, H. J. (2017). *Human Nutrition*. Oxford University Press. <https://books.google.co.id/books?id=YQapDgAAQBAJ>
- Ghodsi, S., Meysamie, A., Abbasi, M., et al. (2017). Non-high-density lipoprotein fractions are strongly associated with the presence of metabolic syndrome independent of obesity and diabetes: a population-based study among Iranian adults. *Journal of Diabetes and Metabolic Disorders*, 16, 25. <https://doi.org/10.1186/s40200-017-0306-6>
- Goit, L. N., & Yang, S. (2019). *Treatment of Hypertension: A Review*. 101–123. <https://doi.org/10.4236/ym.2019.32011>
- Goossens, G. H. (2017). The Metabolic Phenotype in Obesity: Fat Mass, Body Fat Distribution, and Adipose Tissue Function. *Obesity Facts*, 10(3), 207–215. <https://doi.org/10.1159/000471488>
- Hadaye, R. S., Manapurath, R. M., & Gadapani, B. P. (2020). *Obesity Prevalence and Determinants among Young Adults, with Special Focus on Normal - Weight Obesity; A Cross - Sectional Study in Mumbai*. 358–362. <https://doi.org/10.4103/ijcm.IJCM>
- Huang, Y., Chen, H., Liu, Q., et al. (2023). Obesity difference on association blood malondialdehyde level and diastolic hypertension in the elderly population: a cross-sectional analysis. *European Journal of Medical Research*, 28(1), 1–8. <https://doi.org/10.1186/s40001-022-00983-7>
- Ji, T., Zhang, L., Tang, Z., Sun, F., Li, Y., & Ma, L. (2020). Prevalence of normal-weight obesity in community-dwelling Chinese older adults: Results from the Beijing Longitudinal Study of Aging. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*, 13, 1611–1617. <https://doi.org/10.2147/DMSO.S246884>
- Kang, S., Kyung, C., Park, J. S., et al. (2014). Subclinical vascular inflammation in subjects with normal weight obesity and its association with body fat: an 18 F-FDG-PET/CT study. *Cardiovascular Diabetology*, 13, 70. <https://api.semanticscholar.org/CorpusID:1601985>
- Kapoor, N., Endocrine, D. M., & Furler, J. (2019). Normal Weight Obesity: An

Underrecognized Problem in Individuals of South Normal Weight Obesity: An Underrecognized Problem in Individuals of South Asian Descent. *Clinical Therapeutics*, July. <https://doi.org/10.1016/j.clinthera.2019.05.016>

Kapoor, N., Lotfaliany, M., Sathish, T., et al. (2020). Prevalence of normal weight obesity and its associated cardio-metabolic risk factors – Results from the baseline data of the Kerala Diabetes Prevention Program (KDPP). *PLoS ONE*, 15(8 August), 1–11. <https://doi.org/10.1371/journal.pone.0237974>

Karkhaneh, M., Qorbani, M., Mohajeri-tehrani, M. R., & Hoseini, S. (2017). Association of serum complement C3 with metabolic syndrome components in normal weight obese women. 1–8. <https://doi.org/10.1186/s40200-017-0330-6>

Kemenkes RI. (2013). *Laporan Riskesdas 2013*. <https://kesmas.kemkes.go.id>

Kemenkes RI. (2018). *Laporan Riskesdas Nasional*. <https://kesmas.kemkes.go.id>

Kementerian Kesehatan RI. (2022). *Obesitas*. <https://p2ptm.kemkes.go.id>

Kim, J., Kang, S., & Kang, H. (2023). Normal-Weight Obesity and Metabolic Syndrome in Korean Adults: A Population-Based Cross-Sectional Study. In *Healthcare* (Vol. 11, Issue 16). <https://doi.org/10.3390/healthcare11162303>

Kim, S., Kyung, C., Park, J. S., et al. (2015). Normal-weight obesity is associated with increased risk of subclinical atherosclerosis. *Cardiovascular Diabetology*, 14, 58. <https://doi.org/10.1186/s12933-015-0220-5>

Kuriyan, R. (2018). Body composition techniques. *Indian J Med Res*, 148, 648–658. <https://doi.org/10.4103/ijmr.IJMR>

Li, X., Niu, H., Bai, X. G., et al. (2021). Association of Obesity and Hypertension: A Cohort Study in China. *International Journal of Hypertension*, 2021. <https://doi.org/10.1155/2021/1607475>

Litwin, M., & Kułaga, Z. (2021). Obesity, metabolic syndrome, and primary hypertension. *Pediatric Nephrology (Berlin, Germany)*, 36(4), 825–837. <https://doi.org/10.1007/s00467-020-04579-3>

Lorenzo, D., Transl, J., Lorenzo, A. De, et al. (2019). Why primary obesity is a disease? *Journal of Translational Medicine*, 1–13. <https://doi.org/10.1186/s12967-019-1919-y>

Lukito, A. A., Harmeiwaty, E., & Hustrini, N. M. (2019). Penatalaksanaan Hipertensi 2019. *Perhimpunan Dokter Hipertensi Indonesia*. http://faber.inash.or.id/upload/pdf/article_Update_konsensus_201939.pdf

Mach, F., Baigent, C., Catapano, A. L., et al. (2020). 2019 ESC/EAS Guidelines for the management of dyslipidaemias: lipid modification to reduce cardiovascular risk: The Task Force for the management of dyslipidaemias of the European Society of Cardiology (ESC) and European Atherosclerosis Society (EAS). *European Heart Journal*, 41(1), 111–188. <https://doi.org/10.1093/eurheartj/ehz455>

Magdalena, Ž. (2022). *Normal weight obesity – prevalence and time trends in children and*

adolescents from Poland. 1–12.

- Mardi, P., Abdi, F., Ehsani, A., et al. (2022). Is non-high-density lipoprotein associated with metabolic syndrome? A systematic review and meta-analysis. *Frontiers in Endocrinology*, 13(September). <https://doi.org/10.3389/fendo.2022.957136>
- Marra, M., Sammarco, R., De Lorenzo, A., et al. (2019). Assessment of body composition in health and disease using bioelectrical impedance analysis (bia) and dual energy x-ray absorptiometry (dxa): A critical overview. *Contrast Media and Molecular Imaging*, 2019. <https://doi.org/10.1155/2019/3548284>
- Mayoral, L. P., Andrade, G. M., Mayoral, E. P., et al. (2020). *Obesity subtypes , related biomarkers & heterogeneity. January*, 11–21. <https://doi.org/10.4103/ijmr.IJMR>
- Khonsari, M. N., Baygi, F., Tabatabaei-Malazy, O., et al. (2023). Association of normal weight obesity phenotype with inflammatory markers: A systematic review and meta-analysis. *Frontiers in Immunology*, 14(February), 1–11. <https://doi.org/10.3389/fimmu.2023.1044178>
- Khonsari, M. N., Khashayar, P., Shahrestanaki, E., et al. (2022). Normal Weight Obesity and Cardiometabolic Risk Factors: A Systematic Review and Meta-Analysis. *Frontiers in Endocrinology*, 13(March). <https://doi.org/10.3389/fendo.2022.857930>
- Moon, J.-Y., Wang, T., Sofer, T., et al. (2017). Objectively Measured Physical Activity, Sedentary Behavior, and Genetic Predisposition to Obesity in U.S. Hispanics/Latinos: Results From the Hispanic Community Health Study/Study of Latinos (HCHS/SOL). *Diabetes*, 66(12), 3001–3012. <https://doi.org/10.2337/db17-0573>
- Morais, D. S. De, Azevedo, F. M., et al. (2023). *Body Fat Is Superior to Body Mass Index in Predicting Cardiometabolic Risk Factors in Adolescents.*
- Mosca, S., Araújo, G., Costa, V., et al. (2022). Dyslipidemia Diagnosis and Treatment: Risk Stratification in Children and Adolescents. *Journal of Nutrition and Metabolism*, 2022. <https://doi.org/10.1155/2022/4782344>
- Moy, F. M., & Loh, D. A. (2015). Cardiometabolic risks profile of normal weight obese and multi-ethnic women in a developing country. *Maturitas*, 81(3), 389–393. <https://doi.org/10.1016/j.maturitas.2015.04.011>
- Mus, M., Clark, C. C. T., Kokštejn, J., et al. (2020). *Impaired Cardiorespiratory Fitness and Muscle Strength in Children with Normal-Weight Obesity.*
- Nzesseu, V., Kouam, C., Tamokou, J. D. D., & Kuate, J.-R. (2020). Metabolic Abnormalities, Genetic and Behavioral Risk Factors for Hypertension among Patients Attending Bafoussam Regional Hospital, Cameroon. *American Journal of Medical Sciences and Medicine*, 8, 169–179. <https://doi.org/10.12691/ajmsm-8-5-2>
- Oddo, 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), 1–14. <https://doi.org/10.1136/bmjopen-2019-031198>
- Oliosia, P. R., Zaniqueli, D., Alvim, R. de O., et al (2019). Body fat percentage is better than

- indicators of weight status to identify children and adolescents with unfavorable lipid profile. *Jurnal de Pediatria*, 95(1), 112–118. <https://doi.org/10.1016/j.jpmed.2017.11.003>
- Oussaada, S. M., van Galen, K. A., Cooman, M. I., et al. (2019). The pathogenesis of obesity. *Metabolism: Clinical and Experimental*, 92, 26–36. <https://doi.org/10.1016/j.metabol.2018.12.012>
- Rakhmat, I. I., Henrina, J., Irawan, G., et al. (2022). *Cardiometabolic risk factors in adults with normal weight obesity: A systematic review and meta-analysis*. *March*. <https://doi.org/10.1111/cob.12523>
- Ramsaran, C., & Maharaj, R. G. (2017). *Normal weight obesity among young adults in Trinidad and Tobago: prevalence and associated factors*. 29(2). <https://doi.org/doi:10.1515/ijamh-2015-0042>
- Rao, K., Yang, J., Wu, M., et al. (2023). Association Between the Metabolic Score for Insulin Resistance and Hypertension in Adults: A Meta-Analysis. *Hormone and Metabolic Research*, 55. <https://doi.org/10.1055/a-2010-2452>
- RI, K. (2014). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 41 Tahun 2014 Tentang Pedoman Gizi Seimbang*. 1–96. <https://peraturan.bpk.go.id/Home/Details/119080/permenkes-no-41-tahun-2014>
- Rodwell, V. W., Rodwell, V. W., Bender, D. A., et al. (2018). *Harper's Illustrated Biochemistry 31e*. McGraw-Hill Education. <https://books.google.co.id/books?id=u11LuwEACAAJ>
- Ross, A. C. (2014). *Modern Nutrition in Health and Disease*. Wolters Kluwer Health/Lippincott Williams & Wilkins. <https://books.google.co.id/books?id=B7hxngEACAAJ>
- Ross, R., Neeland, I. J., Yamashita, S., et al. (2020). Waist circumference as a vital sign in clinical practice: a Consensus Statement from the IAS and ICCR Working Group on Visceral Obesity. *Nature Reviews. Endocrinology*, 16(3), 177–189. <https://doi.org/10.1038/s41574-019-0310-7>
- Sandesara, P. B., Virani, S. S., Fazio, S., & Shapiro, M. D. (2019). The forgotten lipids: Triglycerides, remnant cholesterol, and atherosclerotic cardiovascular disease risk. *Endocrine Reviews*, 40(2), 537–557. <https://doi.org/10.1210/er.2018-00184>
- Sari, M., Lipoeto, N., & Herman, R. (2016). Hubungan Lingkar Abdomen (Lingkar Perut) dengan Tekanan Darah. *Jurnal Kesehatan Andalas*, 5. <https://doi.org/10.25077/jka.v5i2.539>
- Schutte, A. E. (2022). *Blood pressure and its variability: classic and novel measurement techniques*. <https://doi.org/10.1038/s41569-022-00690-0>
- Seyedhoseinpour, A., Barzin, M., Mahdavi, M., et al. (2023). *BMI category-specific waist circumference thresholds based on cardiovascular disease outcomes and all-cause mortality: Tehran lipid and glucose study (TLGS)*. 1–10.
- Shimrah, C., Kaur, S., & Chandel, S. (2023). Hypertension in Individuals with Normal-Weight

- Obesity and Normal-Weight Central Obesity: A Study on Sunni Muslims of Uttar Pradesh, North India. *The Oriental Anthropologist*, 0972558X231187509. <https://doi.org/10.1177/0972558X231187509>
- Shin, S.-C., Lee, J., Choe, S., et al (2019). Dry Electrode-Based Body Fat Estimation System with Anthropometric Data for Use in a Wearable Device. In *Sensors* (Vol. 19, Issue 9). <https://doi.org/10.3390/s19092177>
- Smith, G. I., Mittendorfer, B., & Klein, S. (2019). Metabolically healthy obesity: facts and fantasies. *The Journal of Clinical Investigation*, 129(10), 3978–3989. <https://doi.org/10.1172/JCI129186>
- Song, P., Li, X., Bu, Y., et al. (2019). Temporal trends in normal weight central obesity and its associations with cardiometabolic risk among Chinese adults. *Scientific Reports*, October 2018, 1–12. <https://doi.org/10.1038/s41598-019-41986-5>
- Tong, Y., Xu, S., Huang, L., & Chen, C. (2022). Obesity and insulin resistance: Pathophysiology and treatment. *Drug Discovery Today*, 27(3), 822–830. <https://doi.org/10.1016/j.drudis.2021.11.001>
- Untono, R. H., Nugraha, J., Rurus Suryawan, I. G., & Andrianto, A. (2022). Non-HDL Cholesterol and LDL Cholesterol as Main Risk Factors for Coronary Heart Disease: Meta-Analysis. *Indonesian Journal of Clinical Pathology and Medical Laboratory*, 28(3), 231–237. <https://doi.org/10.24293/ijcpml.v28i3.2006>
- Virani, S. S. (2011). Non-HDL cholesterol as a metric of good quality of care: Opportunities and challenges. *Texas Heart Institute Journal*, 38(2), 160–162.
- Wijayatunga, N. N., & Dhurandhar, E. J. (2021). Correction: Normal weight obesity and unaddressed cardiometabolic health risk—a narrative review (International Journal of Obesity, (2021), 45, 10, (2141-2155), 10.1038/s41366-021-00858-7). *International Journal of Obesity*, 45(11), 2511. <https://doi.org/10.1038/s41366-021-00925-z>
- Wijayatunga, N. N., Kim, H., Hays, H. M., & Kang, M. (2022). *Objectively Measured Physical Activity Is Lower in Individuals with Normal Weight Obesity in the United States*.
- World Health Organization. (2022). *World Obesity Day 2022-Accelerating Action to Stop Obesity*. <https://www.who.int/news/item/04-03-2022-world-obesity-day-2022-accelerating-action-to-stop-obesity>
- Xu, S., Ming, J., Jia, A., et al. (2021). Normal weight obesity and the risk of diabetes in Chinese people: a 9-year population-based cohort study. *Scientific Reports*, 11(1), 6090. <https://doi.org/10.1038/s41598-021-85573-z>
- Yasuda, T. (2019). Anthropometric, body composition, and somatotype characteristics of Japanese young women: Implications for normal-weight obesity syndrome and sarcopenia diagnosis criteria. *Interventional Medicine and Applied Science*, 11(2), 117–121. <https://doi.org/10.1556/1646.11.2019.14>
- Zhu, Y., Wang, Z., Maruyama, H., & Onoda, K. (2022). *Body Fat Percentage and Normal-Weight Obesity in the Chinese Population : Development of a Simple Evaluation Indicator Using Anthropometric Measurements*.

