

## DAFTAR PUSTAKA

1. WHO. Obesity and overweight [Internet]. 2021 [cited 2023 Mar 2]. Available from: <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>
2. Schienkiewitz A, Kuhnert R, Blume M, Mensink GBM. Overweight and obesity among adults in Germany - Results from GEDA 2019/2020-EHIS. *Journal of health monitoring*. 2022 Sep;7(3):21–8.
3. Nurul Azizah I. Gambaran konsumsi minuman manis, makan gorengan, depresi dan aktivitas fisik pada obesitas usia dewasa. *Jurnal Ilmiah Keperawatan IMELDA*. 2022 Sep 30;8(2):173–80.
4. Kemenkes RI. Laporan nasional riskesdas 2018. Badan Penelitian dan Pengembangan Kesehatan; 2018. 89–92 p.
5. Nova M. Analisis faktor-faktor yang berhubungan dengan kejadian obesitas pada orang dewasa serta upaya pencegahan dan penanggulangannya di wilayah kerja Puskesmas Bukit Surungan Kota Padang Panjang. *Scientia: Jurnal Farmasi dan Kesehatan*. 2018 Sep 15;8(2):184.
6. Damayanti RE. Hubungan aktivitas fisik dan durasi tidur dengan kejadian overweight dan obesitas pada tenaga kependidikan fakultas di lingkungan kampus c Unair Surabaya. Universitas Airlangga; 2018.
7. Suryadinata RV, Sukarno DA. Pengaruh aktivitas fisik terhadap risiko obesitas pada usia dewasa. *The Indonesian Journal Public Health* [Internet]. 2019 Jul [cited 2023 Mar 2];14:106–16. Available from: [http://repository.ubaya.ac.id/37874/1/dr.Rivan\\_PENGARUH%20AKTIVITAS%20FISIK\\_2019.pdf](http://repository.ubaya.ac.id/37874/1/dr.Rivan_PENGARUH%20AKTIVITAS%20FISIK_2019.pdf)
8. Darmawan A, Lumadi SA, Firdaus AD. Faktor-faktor yang berhubungan dengan kejadian obesitas pada remaja. *Journal of Nursing Care and Biomoleculer*. 2022 Jun 29;7(1):52–60.
9. Saraswati SK, Rahmaningrum FD, Pahsya MNZ, Paramitha N, Wulansari A, Ristantya AR, et al. Literature Review : Faktor risiko penyebab obesitas. *Media kesehatan masyarakat Indonesia*. 2021 Feb 1;20(1):70–4.
10. Hastuti P. Genetika obesitas. Devi, editor. Yogyakarta: UGM Press; 2018.
11. Riskawati YK, Prabowo ED, Rasyid AH. Tingkat aktivitas fisik mahasiswa program studi Pendidikan Dokter tahun kedua, ketiga, keempat. *Majalah Kesehatan*. 2018 Mar 1;5(1):27–32.

12. Enes CC, Camargo CM de, Justino MIC. Ultra-processed food consumption and obesity in adolescents. *Revista de Nutrição*. 2019;32.
13. Khoiriyah Parinduri F, Djokosujono K, Khodijah Parinduri S. Faktor dominan obesitas sentral pada usia 40-60 tahun di Indonesia. *HEARTY*. 2021 Aug 11;9(2):58.
14. Poti JM, Braga B, Qin B. Ultra-processed food intake and obesity: what really matters for health—processing or nutrient content? *Curr Obes Rep*. 2017 Dec 25;6(4):420–31.
15. Jahang RS, Wahyuningsih S, Rahmuniyati ME. Hubungan pengetahuan dan penggunaan layanan delivery makanan online konsumsi makanan cepat saji pada mahasiswa gizi Universitas Respati Yogyakarta. *Jurnal Formil (Forum Ilmiah) Kesmas Respati*. 2021 Oct 30;6(2):199.
16. Petrus RR, Sobral PJDA, Tadini CC, Gonçalves CB. The NOVA classification system: A critical perspective in food science. Vol. 116, *Trends in Food Science and Technology*. Elsevier Ltd; 2021. p. 603–8.
17. Mendonça R de D, Pimenta AM, Gea A, de la Fuente-Arrillaga C, Martinez-Gonzalez MA, Lopes ACS, et al. Ultraprocessed food consumption and risk of overweight and obesity: the University of Navarra Follow-Up (SUN) cohort study. *Am J Clin Nutr* [Internet]. 2016 Nov;104(5):1433–40. Available from: <https://linkinghub.elsevier.com/retrieve/pii/S0002916522046767>
18. Monteiro CA, Cannon G, Lawrence M, Louzada ML da C, Machado PP. Ultra-processed foods, diet quality, and health using the NOVA classification system [Internet]. 2019. Available from: [www.fao.org/contact](http://www.fao.org/contact)
19. Nardocci M, Leclerc BS, Louzada ML, Monteiro CA, Batal M, Moubarac JC. Consumption of ultra-processed foods and obesity in Canada. *Canadian Journal of Public Health* [Internet]. 2019 Feb 20;110(1):4–14. Available from: <http://link.springer.com/10.17269/s41997-018-0130-x>
20. Monteles N L, Santos K dos, Gomes KRO, Rodrigues MTP, Frota K de MG. The impact of consumption of ultra-processed foods on the nutritional status of adolescents. *Revista chilena de nutrición*. 2019 Aug;46(4):429–35.
21. Fauziyyah H, Diana FM, Femelia W. Hubungan konsumsi ultraprocessed food, kebiasaan tidur, dan praktik pemesanan makanan online dengan obesitas pada orang dewasa. Padang; 2022.
22. Billah AA. Hubungan konsumsi makanan cepat saji dengan kejadian obesitas pada mahasiswa program studi Pendidikan Dokter Fakultas Kedokteran dan

Ilmu Kesehatan Universitas Muhammadiyah Makassar angkatan 2019. Universitas Muhammadiyah Makassar; 2021.

23. Setiati S, Simadibrata KM, Alwi I, Setiyohadi B, Sudoyo AW. Buku ajar ilmu penyakit dalam jilid II. In: VI. Jakarta Pusat: Interna Publishing, Department of Internal Medicine; 2017.
24. Arundhana A, Masnar A. Obesitas anak dan remaja: faktor risiko, pencegahan, dan isu terkini. Masnar A, editor. Edugizi Pratama Indonesia. Edugizi Pratama Indonesia; 2021.
25. Isselbacher KJ, Braunwald E, Wilson JD, Martin JB, Fauci AS, Kasper DL. Prinsip-prinsip ilmu penyakit dalam. 13th ed. Asdie AH, editor. Vol. 1. Jakarta: Penerbit Buku Kedokteran EGC; 2017.
26. Kemenkes RI. Peraturan menteri kesehatan RI nomor 41 tahun 2014. 2014.
27. Sudargo T, Freitag H, Kusmayanti NA, Rosiyani F. Pola makan dan obesitas. UGM PRESS; 2018.
28. Western Pacific WHOrganizationRO. The Asia-Pacific perspective : redefining obesity and its treatment. Sydney : Health Communications Australia; 2000. 55p.
29. Bagiastra IN, Yuliartini Griadhi NMA. Model pengaturan anti obesitas dalam rangka penguatan serta peningkatan derajat kesehatan masyarakat di Indonesia. *Jurnal Ilmu Sosial dan Humaniora*. 2019 Oct 17;8(2):242.
30. Ali AHA, Shkurat TP, Abbas AH. Association analysis of FTO gene polymorphisms rs9939609 and obesity risk among the adults: A systematic review and meta-analysis. *Meta Gene*. 2021 Feb;27:100832.
31. Lee EY, Yoon KH. Epidemic obesity in children and adolescents: risk factors and prevention. *Front Med [Internet]*. 2018 Dec 2;12(6):658–66. Available from: <http://link.springer.com/10.1007/s11684-018-0640-1>
32. Banjarnahor RO, Banurea FF, Panjaitan JO, Pasaribu RSP, Hafni I. Faktor-faktor risiko penyebab kelebihan berat badan dan obesitas pada anak dan remaja: Studi literatur. *Tropical Public Health Journal*. 2022 Mar 30;2(1):35–45.
33. Rahmalia V, Krianto Karjoso T. Pengaruh konsumsi fast food terhadap kejadian obesitas pada remaja : literature review. *MPPKI [Internet]*. 2023;6(9). Available from: <https://doi.org/10.56338/mppki.v6i9.3665>
34. Gardner DG, Shoback D, York N, San C, Athens F, Madrid L, et al. Greenspan's basic & clinical endocrinology tenth edition [Internet]. 2018. Available from: [www.mhprofessional.com](http://www.mhprofessional.com).



35. Kumar V, Abbas A, Aster J. Robbins basic pathology. In: Robbins Basic Pathology [Internet]. 9th ed. Canada: Elsevier; 2013. p. 851–70. Available from: <https://www.elsevier.com/books-and-journals/deleted-doi>
36. Lawrence MA, Baker PI. Ultra-processed food and adverse health outcomes. *BMJ* [Internet]. 2019 May 29;12289. Available from: <https://www.bmj.com/lookup/doi/10.1136/bmj.12289>
37. Baker P, Machado P, Santos T, Sievert K, Backholer K, Hadjidakou M, et al. Ultra-processed foods and the nutrition transition: global, regional and national trends, food systems transformations and political economy drivers. *Obesity Reviews*. 2020 Dec 6;21(12).
38. Elbassuoni S, Ghattas H, Ati J El, Shmayssani Z, Katerji S, Zoughbi Y, et al. DeepNOVA: A deep learning NOVA classifier for food images. *IEEE Access*. 2022;10:128523–35.
39. Moradi S, Entezari MH, Mohammadi H, Jayedi A, Lazaridi AV, Kermani M ali H, et al. Ultra-processed food consumption and adult obesity risk: a systematic review and dose-response meta-analysis. *Crit Rev Food Sci Nutr* [Internet]. 2023 Jan 13;63(2):249–60. Available from: <https://www.tandfonline.com/doi/full/10.1080/10408398.2021.1946005>
40. Wyatt P, Berry SE, Finlayson G, O’Driscoll R, Hadjigeorgiou G, Drew DA, et al. Postprandial glycaemic dips predict appetite and energy intake in healthy individuals. *Nat Metab*. 2021 Apr 12;3(4):523–9.
41. Juul F, Martinez-Steele E, Parekh N, Monteiro CA, Chang VW. Ultra-processed food consumption and excess weight among US adults. *British Journal of Nutrition*. 2018 Jul 14;120(1):90–100.
42. Monteiro CA. Nutrition and health. The issue is not food, nor nutrients, so much as processing. *Public Health Nutr* [Internet]. 2009 May [cited 2022 Nov 26];12(5):729–31. Available from: [https://books.google.com/books/about/Ultra\\_processed\\_foods\\_diet\\_quality\\_and\\_h.html?id=WaWoDwAAQBAJ](https://books.google.com/books/about/Ultra_processed_foods_diet_quality_and_h.html?id=WaWoDwAAQBAJ)
43. Kemenkes RI. Ayo bergerak lawan obesitas. Kementrian Kesehatan RI; 2017.
44. Dahlan MS. Besar sampel dan cara pengambilan sampel dalam penelitian kedokteran dan kesehatan [Internet]. 3rd ed. Suslia A, Asmara DJ, editors. Jakarta: Salemba Medika; 2010. Available from: <http://www.penerbitsalemba.com>
45. Sirajuddin, Surmita, Astuti T. Survei konsumsi pangan. 2018th ed. Kemetrian Kesehatan Republik Indonesia; 2018. 149–175 p.

46. Food and Agriculture Organization of the United Nations. Dietary assessment a resource guide to method selection and application in low resource settings. 2018 Jun.
47. Presiden RI. Rencana pembangun jangka menengah nasional 2020-2024. 2020.
48. Wati AD, Saputri RA. Hubungan usia, pola konsumsi protein dan lemak dengan obesitas sentral pada wanita usia subur. 2024;4:66–71.
49. Rosalini W, Aji Permana R, Komang Wulantika N, Zahro SF. Faktor yang memengaruhi risiko terjadinya gizi lebih pada kelompok usia remaja area urban [Internet]. Vol. 5, PROFESIONAL HEALTH JOURNAL. 2024. Available from: <https://www.ojsstikesbanyuwangi.com/index.php/PHJ>
50. Nova M, Yanti SR. Faktor-faktor yang berhubungan dengan obesitas pada orang dewasa di Kota Padang. 2017.
51. Seale E, Greene-Finestone LS, de Groh M. Examining the diversity of ultra-processed food consumption and associated factors in Canadian adults. *Applied Physiology, Nutrition, and Metabolism*. 2020 Aug;45(8):857–64.
52. Marchese L, Livingstone KM, Woods JL, Wingrove K, Machado P. Ultra-processed food consumption, socio-demographics and diet quality in Australian adults. *Public Health Nutr*. 2022 Jan 13;25(1):94–104.
53. Cediel G, Reyes M, da Costa Louzada ML, Martinez Steele E, Monteiro CA, Corvalán C, et al. Ultra-processed foods and added sugars in the Chilean diet (2010). *Public Health Nutr*. 2018 Jan 19;21(1):125–33.
54. Capozzi F, Magkos F, Fava F, Milani GP, Agostoni C, Astrup A, et al. A multidisciplinary perspective of ultra-processed foods and associated food processing technologies: a view of the sustainable road ahead. *Nutrients*. 2021 Nov 5;13(11):3948.
55. Rauber F, Chang K, Vamos EP, da Costa Louzada ML, Monteiro CA, Millett C, et al. Ultra-processed food consumption and risk of obesity: a prospective cohort study of UK Biobank. *Eur J Nutr*. 2021 Jun 18;60(4):2169–80.
56. Huh IS, Kim H, Jo HK, Lim CS, Kim JS, Kim SJ, et al. Instant noodle consumption is associated with cardiometabolic risk factors among college students in Seoul. *Nutr Res Pract*. 2017;11(3):232.
57. Mohammed bin A, Wan Ismail binti WR, Hashim binti N, Mazlan binti NH. Consumer purchase intention toward instant noodles. *International Journal of Accounting, Finance and Business (IJAFB)*. 2022;186–97.

58. Pan F, Zhang T, Mao W, Zhao F, Luan D, Li J. Ultra-processed food consumption and risk of overweight or obesity in chinese adults: chinese food consumption survey 2017–2020. *Nutrients*. 2023 Sep 16;15(18):4005.
59. Agustina W, Lestari RM, Prasida DW. Hubungan aktivitas fisik dengan kejadian obesitas pada usia produktif di wilayah kerja Puskesmas Marina Permai Kota Palangka Raya. *Jurnal Surya Medika*. 2023 Apr 27;9(1):1–8.
60. Kurdanti W, Suryani I, Syamsiatun NH, Siwi LP, Adityanti MM, Mustikaningsih D, et al. Faktor-faktor yang mempengaruhi kejadian obesitas pada remaja. *Jurnal Gizi Klinik Indonesia*. 2015 Apr 30;11(4):179.
61. Maharani C, Puspasari A, Biokimia B, Kedokteran F, Kesehatan I. Peran variasi gen FTO pada obesitas. 2019.
62. Auliah AN, Latifah Nur'aeni A, Hidayati EN, Yusup IR. Hubungan pola hidup dan berat badan mahasiswa Pendidikan Biologi semester 7A. *Jurnal Bio Educatio*. 2020;5(1):24–9.

