

## DAFTAR PUSTAKA

1. Molla MD, Wolde HF, Atnafu A. Magnitude of Central Obesity and its Associated Factors among Adults in Urban Areas of Northwest Ethiopia. *Diabetes, Metab Syndr Obes* [Internet]. 2020;13:4169–78. Available from: <https://doi.org/10.2147/DMSO.S279837> [20 November 2024]
2. Puspitasari N. Kejadian Obesitas Sentral pada Usia Dewasa. *HIGEIA (Journal Public Heal Res Dev)* [Internet]. 2018;2(2):249–59. Available from: <https://doi.org/10.15294/higeia.v2i2.21112> [20 November 2024]
3. Wong MCS, Huang J, Wang J, Chan PSF, Lok V, Chen X, et al. Global, Regional and Time-Trend Prevalence of Central Obesity: A Systematic Review and Meta-Analysis of 13.2 Million Subjects. *Eur J Epidemiol* [Internet]. 2020;35(7):673–83. Available from: <https://doi.org/10.1007/s10654-020-00650-3> [31 Desember 2024]
4. Wang S, Shi S, Huang Y, Huang H, Zhang VW. Severity of abdominal obesity and cardiometabolic diseases in US adults. *Public Health* [Internet]. 2024;227:154–62. Available from: <https://doi.org/10.1016/j.puhe.2023.12.010> [31 Desember 2024]
5. Nam GE, Kim YH, Han K, Jung JH, Rhee EJ, Lee SS, et al. Obesity fact sheet in Korea, 2019: Prevalence of obesity and abdominal obesity from 2009 to 2018 and social factors. *J Obes Metab Syndr* [Internet]. 2020;29(2):124–32. Available from: <https://pmc.ncbi.nlm.nih.gov/articles/PMC7338491/> [31 Desember 2024]
6. Institute for Public Health. National Health and Morbidity Survey (NHMS) 2023: Non-communicable Diseases and Healthcare Demand - Key Findings, Selangor: Institute for Public Health. National Institutes of Health, Ministry of Health Malaysia; 2024.
7. Kementerian Kesehatan RI. Hasil Utama Riset Kesehatan Dasar 2018. Jakarta: Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan RI; 2018.
8. Kementerian Kesehatan RI. Survei Kesehatan Indonesia (SKI) 2023 dalam Angka. Jakarta: Badan Kebijakan Pembangunan Kesehatan Kementerian Kesehatan RI; 2023.
9. Putri RN, Nugraheni SA, Pradigdo SF. Faktor-Faktor yang Berhubungan dengan Kejadian Obesitas Sentral pada Remaja Usia 15-18 Tahun di Provinsi DKI Jakarta (Analisis Riskesdas 2018). *Media Kesehatan Masyarakat Indonesia* [Internet]. 2022;21(3):169–77. Available from: <https://doi.org/10.14710/mkmi.21.3.169-177> [2 Januari 2025]
10. Sebeta A, Tekalign E, Yosef T. Central obesity and its associated factors among adults in Southwest Ethiopia. *Clin Epidemiol Glob Heal* [Internet]. 2024;28:101664. Available from: <https://doi.org/10.1016/j.cegh.2024.101664> [2 Januari 2025]
11. Kementerian Kesehatan RI. Prevalensi, Dampak, serta Upaya Pengendalian Hipertensi & Diabetes di Indonesia. Jakarta: Badan Kebijakan Pembangunan Kesehatan Kementerian Kesehatan RI; 2023.
12. UNICEF. Analisis Lanskap Kelebihan Berat Badan dan Obesitas di Indonesia. Jakarta: UNICEF Indonesia; 2022.
13. Masrul M. Epidemi Obesitas dan Dampaknya Terhadap Status Kesehatan Masyarakat serta Sosial Ekonomi Bangsa. *Maj Kedokt Andalas* [Internet]. 2018;41(3):152. Available from: <http://jurnalmka.fk.unand.ac.id> [3 Januari 2025]

- 2025]
14. Kementerian Kesehatan RI. Lembar Fakta Obesitas: “Ayo Bersatu kita Cegah dan Obati Obesitas”. Jakarta: Kementerian Kesehatan RI; 2022.
  15. Kusteviani F. Faktor – Faktor Yang Berhubungan Dengan Obesitas Abdominal Pada Usia Produktif (15-64 Tahun) di Kota Surabaya. *J Berk Epidemiol* [Internet]. 2015;3(1). Available from: <https://e-journal.unair.ac.id>. [6 Januari 2025]
  16. Baharudin A, Aziz NS, Ahmad MH, Singh JSM, Chan Y ying, Palaniveloo L, et al. Abdominal obesity and its associated factors among older adults in Malaysia. *Geriatr Gerontol Int* [Internet]. 2020;20:68–72. Available from: <https://pubmed.ncbi.nlm.nih.gov/33370864/> [6 Januari 2025]
  17. Israel E, Hassen K, Markos M, Wolde K, Hawulte B. Central Obesity and Associated Factors Among Urban Adults in Dire Dawa Administrative City, Eastern Ethiopia. *Diabetes, Metab Syndr Obes Targets Ther* [Internet]. 2022;15:601–614. Available from: <https://doi.org/10.2147/DMSO.S348098> [6 Januari 2025]
  18. Parinduri FK, Djokosujono K, Parinduri SK. Faktor Dominan Obesitas Sentral Pada Usia 40-60 Tahun di Indonesia (Analisis Data Indonesia Family Life Survey 5 Tahun 2014/2015). *HEARTY* [Internet]. 2021;9(2):58–70. Available from: <https://doi.org/10.32832/heart.v9i2.5397> [6 Januari 2025]
  19. Dewanti, Syauqy A, Noer ER, Pramono A. Hubungan Pola Makan dan Aktivitas Fisik dengan Obesitas Sentral Pada Usia Lanjut di Indonesia : Data Riset Kesehatan Dasar. *J Indones Nutr Assoc* [Internet]. 2022;45(2):79–90. Available from: <https://doi.org/10.36457/gizindo.v45i2.662> [6 Januari 2025]
  20. Sudikno, Syarief H, Dwiriani CM, Riyadi H. Faktor Risiko Obesitas Sentral Pada Orang Dewasa Umur 25-65 Tahun di Indonesia (Analisis Data Riset Kesehatan Dasar 2013). *Penelit Gizi dan Makanan* [Internet]. 2015;38(2):111–20. Available from: <https://doi.org/10.22435/pgm.v38i2.5540.111-120> [6 Januari 2025]
  21. Kamus Besar Bahasa Indonesia (KBBI). Dewasa [Internet]. Available form: <https://kbbi.web.id/dewasa> [10 Januari 2025]
  22. Kementerian Kesehatan RI. Kategori Usia [Internet]. Available from: <https://ayosehat.kemkes.go.id/kategori-usia> [ 10 Januari 2025]
  23. Puspitaningsih DA. Perbedaan Proporsi Obesitas Sentral Berdasarkan Perilaku Konsumsi dan Faktor Lainnya Pada Penduduk Dewasa (Usia 20-45 Tahun) di Provinsi Sumatera Utara (Analisis Data Riskesdas 2018) [Skripsi]. Jakarta: PSKM FKM UI; 2021.
  24. World Health Organization. Obesity [Internet]. Available from: <https://www.who.int/health-topics/obesity> [10 Januari 2025]
  25. Hermawan D, Muhani N, Sari N, Arisandi S, Lubis MY, Kristiana T, et al. *Mengenal Obesitas*. Yogyakarta: Penerbit Andi; 2020.
  26. Akmarawita K. Penentuan Kriteria Obesitas. *J Ilmu Keolahragaan Arena* [Internet]. 2015;7(1):79–93. Available from: <http://erepository.uwks.ac.id/id/eprint/283> [12 Januari 2025]
  27. Prastiwi ED, Agustina W, Fatmawati DN. Pengaruh Obesitas Sentral Terhadap Status Kesehatan Karyawan Stikes Maharani Malang. *J Ilm Kesehat Media Husada* [Internet]. 2019;8(1):01–11. Available from: <https://doi.org/10.33475/jikmh.v8i1.184> [12 Januari 2025]
  28. Sofa IM. Kejadian Obesitas, Obesitas Sentral, dan Kelebihan Lemak Viseral pada Lansia Wanita. *Amerta Nutr* [Internet]. 2018;228–36. Available from:

- <https://doi.org/10.20473/amnt.v2i3.2018.228-236> [12 Januari 2025]
29. Rahmawati D, Djuwita R. Risk Factors for Central Obesity in Women 45-54 Years of Age in Indonesia ( Riskesdas 2018 Analysis ). *Asian J Enginerring, Soc Heal* [Internet]. 2024;3(9):2001–10. Available from: <https://doi.org/10.46799/ajesh.v3i9.393> [12 Januari 2025]
  30. Kementerian Kesehatan RI. Pedoman Umum Pengendalian Obesitas. Jakarta: Kementerian Kesehatan RI; 2015
  31. Kementerian Kesehatan RI. Pedoman Pengisian Kuesioner Survei Kesehatan Indonesia (SKI) 2023. Jakarta: Badan Kebijakan Pembangunan Kesehatan Kementerian Kesehatan RI; 2023.
  32. Pertiwi MP, Purwaningtyas DR, Putri IE. Hubungan aktivitas fisik, pengetahuan, kesehatan mental dan asupan energi dengan kejadian obesitas sentral. *Tarumanagara Med J* [Internet]. 2022;4(1):122–33. Available from: <https://doi.org/10.24912/tmj.v4i2.17573> [13 Januari 2025]
  33. Dhawan D, Sharma S. Abdominal Obesity, Adipokines and Non-communicable Diseases. *J Steroid Biochem Mol Biol* [Internet]. 2020;203:105737. Available from: <https://doi.org/10.1016/j.jsbmb.2020.105737> [13 Januari 2025]
  34. Barroso TA, Marins LB, Alves R, Caroline A, Gonçalves S, Barroso SG. Association of Central Obesity with The Incidence of Cardiovascular Diseases and Risk Factors. *Int J Cardiovasc Sci* [Internet]. 2017;30(5):416–24. Available from: <https://doi.org/10.5935/2359-4802.20170073> [13 Januari 2025]
  35. Awopeju OF, Fawale MB, Anu S, Salami OT, Adewole OO. The risk of obstructive sleep apnea and its association with indices of general and abdominal obesity in a Nigerian family practice clinic : a cross- sectional study. *Alexandria J Med* [Internet]. 2020;56(1):14–20. Available from: <https://doi.org/10.1080/20905068.2019.1711304> [13 Januari 2025]
  36. Darsini D, Hamidah H, Notobroto HB, Cahyono EA. Health risks associated with high waist circumference: A systematic review. *J Public health Res* [Internet]. 2020;9:18111. Available from: <https://doi.org/10.4081/jphr.2020.1811> [13 Januari 2025]
  37. Owolabi EO, Goon D Ter, Adeniyi OV. Central obesity and normal-weight central obesity among adults attending healthcare facilities in Buffalo City Metropolitan Municipality , South Africa : a cross-sectional study. *J Heal Popul Nutr* [Internet]. 2017;36:1–10. Available from: <http://dx.doi.org/10.1186/s41043-017-0133-x> [14 Januari 2025]
  38. Tekalegn Y, Solomon D, Sahiledengle B, Assefa T, Negash W, Tahir A, et al. Prevalence of central obesity and its associated risk factors among adults in Southeast Ethiopia : A community-based cross-sectional study. *PLoS One* [Internet]. 2022;17(8). Available from: <http://dx.doi.org/10.1371/journal.pone.0265107> [14 Januari 2025]
  39. Kamus Besar Bahasa Indonesia (KBBI). Didikan [Internet]. Available from: <https://kbbi.web.id/didikan> [14 Januari 2025]
  40. Sudikno, Riyadina W, Rahajeng E. Obesitas Sentral Pada Orang Dewasa : Studi Kohor Prospektif di Kota Bogor. *J Indones Nutr Assoc* [Internet]. 2018;41(2):105–16. Available from: [http://ejournal.persagi.org/index.php/Gizi\\_Indon](http://ejournal.persagi.org/index.php/Gizi_Indon) [14 Januari 2025]
  41. Khairani N, Saputri NA, Syavani D, Effendi SU. Hubungan usia, pekerjaan, dengan kejadian obesitas sentral pada wanita usia 25-54 tahun. *J Sains Kesehat* [Internet]. 2024;31(1):51–8. Available from: <https://doi.org/10.37638/jsk.31.2.51-58> [14 Januari 2025]



42. Badriyah L, Hulina Sitepu E. Hubungan Pekerjaan, Menopause, Dan Stres Dengan Obesitas Sentral Pada Perempuan Usia >45 Tahun Di Kota Depok. *J Gizi dan Kuliner* [Internet]. 2020;1(2):23–32. Available from: <https://doi.org/10.35706/giziku.v1i2.4754> [14 Januari 2025]
43. Sudiana IK, Putra IWGAE, Januraga PP. Konsumsi Tuak Meningkatkan Risiko Obesitas Sentral pada Pria Dewasa di Karangasem, Bali. *Public Heal Prev Med Arch* [Internet]. 2016;4(2):107–13. Available from: <https://doi.org/10.15562/phpma.v4i2.66> [14 Januari 2025]
44. Torres GG, Siqueira JH, Martinez OGE, Pereira TSS, Meléndez JGV, Duncan BB, et al. Consumption of alcoholic beverages and abdominal obesity: cross-sectional analysis of ELSA-Brasil. *Cien Saude Colet* [Internet]. 2022;27(2):737–46. Available from: Consumption of alcoholic beverages and abdominal obesity: cross-sectional analysis of ELSA-Brasil [14 Januari 2025]
45. Kim BY, Nam H, Yoo JJ, Cho YY, Choi DH, Jung CH, et al. Association between alcohol consumption status and obesity-related comorbidities in men: data from the 2016 Korean community health survey. *BMC Public Health* [Internet]. 2021;21(1):1–8. Available from: <https://doi.org/10.1186/s12889-021-10776-y> [14 Januari 2025]
46. Tefera W, Shuremu M, Tadelles A. Magnitude of central obesity and associated factors among adults working in government offices in Bedele town , Buno Bedele zone , Southwest Ethiopia. *SAGE Open Med* [Internet]. 2022;10:1–10. Available from: <https://doi.org/10.1177/205031212211105> [14 Januari 2025]
47. Sundari E, Masdar H, Rosdiana D. Angka Kejadian Obesitas Sentral pada Masyarakat Kota Pekanbaru. *J Online Mhs Fak Kedokt Univ Riau* [Internet]. 2015;2(2):1–16. Available from: <https://jom.unri.ac.id/index.php/JOMFDOK/article/view/4866> [16 Januari 2025]
48. World Health Organization. Physical Activity [Internet]. Available from: <https://www.who.int/news-room/fact-sheets/detail/physical-activity> [16 Januari 2025]
49. López-Sobaler AM, Rodríguez-Rodríguez E, Aranceta-Bartrina J, Gil Á, Gonzalez-Gross M, Serra-Majem L, et al. General and abdominal obesity is related to physical activity, smoking and sleeping behaviours and mediated by the educational level: Findings from the ANIBES study in Spain. *PLoS One* [Internet]. 2016;11(12):1–13. Available from: <https://doi.org/10.1371/journal.pone.0169027> [16 Januari 2025]
50. Ali N, Mohanto NC, Nurunnabi SM, Haque T, Islam F. Prevalence and risk factors of general and abdominal obesity and hypertension in rural and urban residents in Bangladesh: a cross-sectional study. *BMC Public Health* [Internet]. 2022;22(1707). Available from: <https://doi.org/10.1186/s12889-022-14087-8> [16 Januari 2025]
51. Maulani SAD, Djuwita R. Hubungan Aktivitas Fisik dengan Kejadian Obesitas Sentral pada Usia  $\geq 40$  Tahun di Indonesia (Analisis Data Indonesian Family Life Survey 5). *J Vokasi Keperawatan* [Internet]. 2023;6(2):159–67. Available from: <https://doi.org/10.33369/jvk.v6i2.31047> [16 Januari 2025]
52. Rahayuningsih AN, Muniroh L. Hubungan Aktivitas Fisik, Asupan Kalsium dan Lemak dengan Obesitas Sentral pada Tenaga Kerja Perkantoran. *Media Gizi Kemas* [Internet]. 2022;11(2):351–7. Available from: <https://doi.org/10.20473/mgk.v11i2.2022.351-357> [16 Januari 2025]
53. Mirmiran P, Ejtahed HS, Bahadoran Z, Bastan S, Azizi F. Sugar-sweetened

- beverage consumption and risk of general and abdominal obesity in Iranian adults: Tehran lipid and glucose study. *Iran J Public Health* [Internet]. 2015;44(11):1535–43. Available from: <https://pmc.ncbi.nlm.nih.gov/articles/PMC4703234/> [16 Januari 2025]
54. Rahmandita AP, Adriani M. Perbedaan Tingkat Konsumsi dan Aktivitas Fisik pada Wanita (20-54 Tahun) Obesitas Sentral dan Non Sentral. *Amerta Nutr* [Internet]. 2017;1(4):266–74. Available from: <https://doi.org/10.20473/amnt.v1i4.2017.266-274> [16 Januari 2025]
  55. Yanto N, Verawati B, Akmalia F. Hubungan Pengetahuan Gizi Dan Konsumsi Lemak Dengan Kejadian Obesitas Sentral. *J Kesehat Masy* [Internet]. 2019;3(2):103–12. Available from: <https://doi.org/10.31004/prepotif.v3i2.657> [16 Januari 2025]
  56. Kesztyüs D, Erhardt J, Schönsteiner DS, Kesztyüs T. Therapeutic Treatment for Abdominal Obesity in Adults. *Dtsch Arztebl Int* [Internet]. 2018;113:487–93. Available from: <https://pmc.ncbi.nlm.nih.gov/articles/PMC6121087/> [16 Januari 2025]
  57. Irwan. *Etika dan Perilaku Kesehatan*. Yogyakarta: CV. Absolute Media; 2017.
  58. Endale F, Nigussie A, Tamene A, Habte A, Ermias D, Beyamo A, et al. Abdominal obesity and associated factors among urban adults in Southwest Ethiopia: a community-based cross-sectional study. *PanAfrican Med J* [Internet]. 2024;47. Available from: <https://pmc.ncbi.nlm.nih.gov/articles/PMC11055183/> [20 Januari]
  59. Dahlia, Pribadi GS, Martini S, Yi-Li C. Risk Factors of Central Obesity in Indonesian Men: A Cross-Sectional Data Study of The Indonesia Family Life Survey 5 (IFLS 5). *Folia Medica Indones* [Internet]. 2022;58(3):228–33. Available from: <https://doi.org/10.20473/fmi.v58i3.35778> [20 Januari 2025]
  60. Nurrahmawati F, Fatmaningrum W. Hubungan Usia, Stres, dan Asupan Zat Gizi Makro dengan Kejadian Obesitas Abdominal pada Ibu Rumah Tangga di Kelurahan Sidotopo, Surabaya. *Amerta Nutr* [Internet]. 2018;2(3):254. Available from: <https://doi.org/10.20473/amnt.v2i3.2018.254-264> [20 Januari]
  61. Pujilestari CU, Nyström L, Norberg M, Weinehall L, Hakimi M, Ng N. Socioeconomic inequality in abdominal obesity among older people in Purworejo District, Central Java, Indonesia-A decomposition analysis approach. *Int J Equity Health* [Internet]. 2017;16(214). Available from: <https://doi.org/10.1186/s12939-017-0708-6> [20 Januari 2025]
  62. Zhai Y, Fang HY, Yu WT, Yu DM, Zhao LY, Liang XF, et al. Changes in Waist Circumference and Abdominal Obesity among Chinese Adults over a Ten-year Period. *Biomed Environ Sci* [Internet]. 2017;30(5):315–22. Available from: <http://dx.doi.org/10.3967/bes2017.042> [20 Januari 2025]
  63. Annisa NR, Dieny FF, Nissa C, Tsani AFA. Sugar-sweetened Beverages as Risk Factor of Central Obesity among Women in Reproductive Age. *J Gizi Indones (The Indones J Nutr)* [Internet]. 2020;8(2):126–33. Available from: <https://doi.org/10.14710/jgi.8.2.126-133> [20 Januari 2025]
  64. Badan Pusat Statistik. *Provinsi Sumatera Barat dalam Angka 2025*. Padang: BPS Provinsi Sumatera Barat; 2025.
  65. Badan Pusat Statistik. *Provinsi Sumatera Barat Dalam Angka 2024*. Padang: BPS Provinsi Sumatera Barat; 2024.
  66. Omar SM, Taha Z, Hassan AA, Al-Wutayd O, Adam I. Prevalence and Factors Associated with Overweight and Central Obesity among Adults in the Eastern Sudan. *PLoS One* [Internet]. 2020;15(4):1–10. Available from:

- <http://dx.doi.org/10.1371/journal.pone.0232624> [9 Mei 2025]
67. Pemerintah Kota Padang. Peraturan Daerah Kota Padang Nomor 8 Tahun 2012 tentang Pengawasan, Pengendalian, dan Pelarangan Minuman Beralkohol. Padang; Pemerintah Kota Padang. 2012.
  68. Badan Pusat Statistik. Pola Konsumsi Makanan Penduduk Provinsi Sumatera Barat 2023. Padang: BPS Provinsi Sumatera Barat; 2024.
  69. Moon H, Cho YJ, Kim YA, Ju MJ. Age-specific Association of Physical Activity on Visceral Obesity: Cross-sectional Study. *Obes Med* [Internet]. 2024;48:100542. Available from: <https://doi.org/10.1016/j.obmed.2024.100542> [9 Mei 2025]
  70. JafariNasabian P, Inglis JE, Reilly W, Kelly OJ, Ilich JZ. Aging Human Body: Changes in Bone, Muscle and Body Fat with Consequent Changes in Nutrient Intake. *J Endocrinol* [Internet]. 2017;234(1). Available from: <https://doi.org/10.1530/JOE-16-0603> [9 Mei 2025]
  71. Biru B, Tamiru D, Taye A, Regassa Feyisa B. Central Obesity and its Predictors among Adults in Nekemte town, West Ethiopia. *SAGE Open Med* [Internet]. 2021;9:1–9. Available from: <https://doi.org/10.1177/20503121211054988> [9 Mei 2025]
  72. Dagne S, Menber Y, Petrucka P, Wassihun Y. Prevalence and Associated Factors of Abdominal Obesity among the Adult Population in Woldia town, Northeast Ethiopia, 2020: Community-based cross-sectional study. *PLoS One* [Internet]. 2021;16(3):1–16. Available from: <http://dx.doi.org/10.1371/journal.pone.0247960> [9 Mei 2025]
  73. Olinto MTA, Theodoro H, Canuto R. Epidemiology of Abdominal Obesity [Internet]. *Adiposity - Epidemiology and Treatment Modalities*. InTech; 2017. Available from: <http://dx.doi.org/10.5772/65342> [9 Mei 2025]
  74. Zhang M, Ma Y, Xie X, Sun M, Huang Z, Zhao Z, et al. Trends in Insufficient Physical Activity among Adults in China 2010–18: a population-based study. *Int J Behav Nutr Phys Act* [Internet]. 2023;20(87):1–14. Available from: <https://doi.org/10.1186/s12966-023-01470-w> [9 Mei 2025]
  75. Gariballa S, Al-Blawi GSM, Yasin J. Mechanisms and Effect of Increased Physical Activity on General and Abdominal Obesity and Associated Metabolic Risk Factors in a Community with Very High Rates of General and Abdominal Obesity. *Antioxidants* [Internet]. 2023;12(4):1–14. Available from: <https://doi.org/10.3390/antiox12040826> [9 Mei 2025]
  76. Avisia A, Kuswari M, Nuzrina R, Gifari N, Melani V. Pengaruh Program Latihan Olahraga dan Edukasi Gizi Terhadap Komposisi Tubuh, Lingkar Perut dan Lingkar Panggul pada Wanita Usia Produktif di Depok. *Phys Act J* [Internet]. 2021;2(2):176–92. Available from: <https://jos.unsoed.ac.id/index.php/paju/article/view/3947/2152> [10 Mei 2025]
  77. Kim G, Woo H, Ji YA. Factors Affecting Abdominal Obesity: Analyzing National Data. *Healthc* [Internet]. 2024;12(827). Available from: <https://doi.org/10.3390/healthcare12080827> [10 Mei 2025]
  78. Tcymbal A, Andreasyan D, Whiting S, Mikkelsen B, Rakovac I, Breda J. Prevalence of Physical Inactivity and Sedentary Behavior among Adults in Armenia. *Front Public Heal* [Internet]. 2020;8(157). Available from: <https://doi.org/10.3389/fpubh.2020.00157> [10 Mei 2025]
  79. Park KY, Park HK, Hwang HS. Relationship between Abdominal Obesity and Alcohol Drinking Pattern in Normal-weight, Middle-aged Adults: The Korea National Health and Nutrition Examination Survey 2008-2013. *Public Health*



- Nutr [Internet]. 2017;20(12):2192–200. Available from: <https://doi.org/10.1017/S1368980017001045> [13 Mei 2025]
80. Roerecke M, Vafaei A, Hasan OSM, Chrystoja BR, Cruz M, Lee R, et al. Alcohol Consumption and Risk of Liver Cirrhosis: A Systematic Review and Meta-Analysis. *Am J Gastroenterol* [Internet]. 2019;114:1574–86. Available from: <https://doi.org/10.14309/ajg.0000000000000340> [13 Mei 2025]
  81. Sadeghi T, Soltani N, Jamali Z, Ayoobi F, Khalili P, Shamsizadeh A, et al. The Prevalence and Associated Factors of Overweight/Obesity and Abdominal Obesity in South-eastern of Iran: a cross-sectional study based on Rafsanjan cohort study. *BMC Public Health* [Internet]. 2023;23(861):1–9. Available from: <https://doi.org/10.1186/s12889-023-15700-0> [14 Mei 2025]
  82. Fakhriah N. Faktor Dominan Kejadian Obesitas Sentral pada Penduduk Uisa 25-64 Tahun di Wilayah Perkotaan Indonesia (Analisis Data Riskesdas 2018) [Skripsi]. Jakarta: PSKM FKM UI; 2021.
  83. Romieu I, Dossus L, Barquera S, Blotière HM, Franks PW, Gunter M, et al. Energy balance and obesity: what are the main drivers?. *Cancer Causes Control* [Internet]. 2017;28:247–58. Available from: <https://doi.org/10.1007/s10552-017-0869-z> [14 Mei 2025]
  84. Lee G, Choi HY, Yang SJ. Effects of Dietary and Physical Activity Interventions on Metabolic Syndrome: A meta-analysis. *J Korean Acad Nurs* [Internet]. 2015;45(4):483–94. Available from: <https://doi.org/10.4040/jkan.2015.45.4.483> [16 Mei 2025]
  85. Yunianto AE, Khomsan A, Dwiriani CM, Nurdin NM. Association between Sweet Food and Blood Glucose Status of Men and Women in Rural Areas. *Ann Trop Med Public Heal* [Internet]. 2019;22(11). Available from: <http://doi.org/10.36295/ASRO.2019.22116> [16 Mei 2025]
  86. Anari R, Amani R, Veissi M. Sugar-sweetened Beverages Consumption is Associated with Abdominal Obesity Risk in Diabetic Patients. *Diabetes Metab Syndr Clin Res Rev* [Internet]. 2017;11:S675–8. Available from: <http://dx.doi.org/10.1016/j.dsx.2017.04.024> [16 Mei 2025]
  87. Triyanti T, Ardila P. Asupan Lemak Sebagai Faktor Dominan Terhadap Obesitas Sentral pada Wanita Dewasa. *J Gizi dan Pangan Soedirman* [Internet]. 2020;3(2):133. Available from: <https://doi.org/10.20884/1.jgps.2019.3.2.2053> [17 Mei 2025]
  88. Munyogwa MJ, Mtumwa AH. The Prevalence of Abdominal Obesity and Its Correlates among the Adults in Dodoma Region, Tanzania: A Community-Based Cross-Sectional Study. *Adv Med* [Internet]. 2018;2018:1–8. Available from: <https://doi.org/10.1155/2018/6123156> [17 Mei 2025]
  89. Bredella MA. Sex Differences in Body Composition Sex Differences in Body Composition. In: *Advances in Experimental Medicine and Biology*. Springer, Cham [Internet]. 2017; 1043. Available from: [https://doi.org/10.1007/978-3-319-70178-3\\_2](https://doi.org/10.1007/978-3-319-70178-3_2) [17 Mei 2025]