

DAFTAR PUSTAKA

1. International Diabetes Federation. IDF Diabetes Atlas 10th Edition. 2021.
2. International Diabetes Federation (IDF). International Diabetes Federation Facts & Figures [Internet]. 2021; Available from: <https://idf.org/about-diabetes/diabetes-facts-figures/>
3. World Health Organization. World Health Statistics 2024. 2024.
4. Diabetes dengan Komplikasi Penyebab Kematian Tertinggi Ketiga di Indonesia. Geriatri Lansia Sehat Bahagia 2024;
5. Kementerian Kesehatan Republik Indonesia. Laporan Tematik Survei Kesehatan Indonesia (SKI) Tahun 2023. Jakarta: Badan Kebijakan Pembangunan Kesehatan; 2024.
6. B M, Farooqui H, S B. Disparity in socio-economic status explains the pattern of self-medication of antibiotics in India: Understanding from game-theoretic perspective. *R Soc Open Sci* 2022;9(2).
7. Li J, Zhou P, Li H, Xu H, Meng Y. Worldwide dispensing of non-prescription antibiotics in community pharmacies and associated factors: a mixed methods systematic review. *Lancet Infect Dis* 2023;23(9).
8. Nasution F, Andilala, Siregar A. Faktor Risiko Kejadian Diabetes Mellitus. *Jurnal Ilmu Kesehatan* 2021;9(2).
9. Syam AJ. Studi Komparasi Kejadian Diabetes Mellitus Tipe 2 di Daerah Perkotaan dan Pedesaan. *An Idea Health Journal* 2022;2(02).
10. Badan Kebijakan Pembangunan Kesehatan. Survei Kesehatan Indonesia 2023. 2023.
11. Diabetes DOF. Diagnosis and classification of diabetes mellitus. *Diabetes Care* 2013;36: 67–74.
12. Widodo W. Monitoring of Patient With Diabetes Mellitus. *Jurnal Ilmu Kedokteran Wijaya Kusuma* 2017;3(2):55.
13. Rodriguez Q, S B, Mahdy. Gestational Diabetes. Treasure Island: StatPearls Publishing; 2022.
14. Kartini, Amalia L, Irma, Susanti Abdulkadir W, Kurnia Gustin R, Rahmawati, et al. Epidemiologi Penyakit Tidak Menular. Purbalingga: Eureka Media Aksara; 2023.
15. Eyth E, Basit H, Swift C. Glucose Tolerance Test [Internet]. StatPearls Publishing; 2023. Available from: www.ncbi.nlm.nih.gov.translate.google/books/NBK532915/?_x_tr_sl=en&_x_tr_tl=id&_x_tr_hl=id&_x_tr_pto=sge
16. World Health Organization. Classification of Diabetes Mellitus 2019. World Health Organization; 2019.
17. American Diabetes Association. Classification and Diagnosis of Diabetes: Standards of Medical Care in Diabetes 2021. 2021.
18. Baynest HW. Classification, Pathophysiology, Diagnosis and Management of Diabetes Mellitus. [Internet]. 2015. Available from: doi.org/10.4172/2155-6156.1000541
19. Chawla A, Chawla R, Jaggi S. Microvascular and macrovascular complications in diabetes mellitus: Distinct or continuum? 2016.
20. World Health Organization. Diabetes [Internet]. 2024; Available from: <https://www.who.int/news-room/fact-sheets/detail/diabetes>
21. Bereda G. Complication of diabetes mellitus: Microvascular and macrovascular

- complications. *International Journal of Diabetes in Developing Countries* 2022;3(1):123–8.
22. American Diabetes Association (ADA). *Standards of Medical Care in Diabetes*. American Diabetes Association 2007;30(1).
 23. Fareed M, Salam N, Khoja A. Life style related risk factors of type 2 diabetes mellitus and its increased prevalence in Saudi Arabia. *International Journal of Medical Research and Health Science* 2017;6(3):125–32.
 24. Andyani S. *Obesitas Sebagai Faktor Risiko Terjadinya Diabetes Mellitus Pada Karyawan Universitas Gadjah Mada Yogyakarta*. Universitas Gadjah Mada 2014;
 25. Pibriyanti K, Hidayati KN. Anak perempuan dan obesitas sebagai faktor risiko kejadian kadar gula darah tinggi pada anak sekolah dasar. *Jurnal Gizi Indonesia (The Indonesian Journal of Nutrition)* 2018;6(2):90–3.
 26. Sinha S, Haque M. Insulin resistance is cheerfully hitched with hypertension. *Life* 2022;12(4):564.
 27. Sczepanik F, Grossi M. Periodontitis is an inflammatory disease of oxidative stress: We should treat it that way. *Periodontology* 2020;84(1):45–68.
 28. Bereda G. Pathophysiology and management of dyslipidaemia. *Biomedical Journal of Science Technology Research* 2022;43(2):34369–75.
 29. Boden G, Sargrad K, Homko C, Al. E. Effect of a low-carbohydrate diet on appetite, blood glucose levels, and insulin resistance in obese patients with type 2 diabetes. *Annals of Internal Medicine* 2005;142(6):403–11.
 30. Kyrou I, Tsigos C. Stress hormones: Physiological stress and regulation of metabolism. *Current Opinion in Pharmacology* 2009;9(6):787–93.
 31. Chrysohoou C, Panagiotakos D, Pitsavos C, et al. Low total testosterone levels are associated with the metabolic syndrome in elderly men: The role of body weight, lipids, insulin resistance, and inflammation; the Ikaria study. *The Review of Diabetic Studies* 2013;10(1):27.
 32. Roden M, Shulman G. The integrative biology of type 2 diabetes. *Nature* 2019;576(7785):51–60.
 33. Farahvar S, Walfisch A, Sheiner E. Gestational diabetes risk factors and long-term consequences for both mother and offspring: A literature review. *Expert Review of Endocrinology and Metabolism* 2019;14(1):63–74.
 34. Serin Y, Tek N. Effect of circadian rhythm on metabolic processes and the regulation of energy balance. *Annals of Nutrition and Metabolism* 2019;74(4):322–30.
 35. Susanti N, Rizqi P, Dewi S, Barokah W. Hubungan Usia, Jenis Kelamin Terhadap Pola Makan dan Risiko Diabetes Mellitus di Desa Air Hitam. *Fakultas Kesehatan Masyarakat Universitas Islam Negeri Sumatera Utara Medan* 2024;5(3).
 36. Rita N. Hubungan Jenis Kelamin, Olah Raga, dan Obesitas Dengan Kejadian Diabetes Mellitus Pada Lansia. *Jurnal Ilmu Kesehatan* 2018;2(1).
 37. Komariah, Rahayu S. Hubungan Usia, Jenis Kelamin dan Indeks Massa Tubuh Dengan Kadar Gula Darah Puasa Pada Pasien Diabetes Mellitus Tipe 2 Di Klinik Pratama Rawat Jalan Proklamasi, Depok, Jawa Barat. *Jurnal Kesehatan Kusuma Husada* 2020;
 38. Dorman J, Valdez R. Health beliefs among individuals at increased familial risk for type 2 diabetes: Implications for prevention. *Diabetes Research and Clinical Practice* 2012;96(2):156–62.
 39. Constantino J, Charman T, Jones E. Clinical and translational implications of

- an emerging developmental substructure for autism. *Annual Review of Clinical Psychology* 2021;17:365–89.
40. Bereda G. Hyperosmolar hyperglycemic state: Background, precipitating factors, pathophysiology and management. *International Journal of Diabetes & Its Complications* 2022;101.
 41. Chatterjee R, Slentz C, Davenport C, et al. Effects of potassium supplements on glucose metabolism in African Americans with prediabetes: A pilot trial. *The American Journal of Clinical Nutrition* 2017;106(6):1431–8.
 42. Bereda G. Risk factors and pathogenesis of diabetic nephropathy. *International Journal of Diabetes & Metabolic Disorders* 2022;7(1):7.
 43. Lau W, Andrew T, Maniatis N. High-resolution genetic maps identify multiple type 2 diabetes loci at regulatory hotspots in African Americans and Europeans. *The American Journal of Human Genetics* 2017;100(5):803–16.
 44. Ta S. Diagnosis and classification of diabetes mellitus. *Diabetes Care* 2014;37(1):81–90.
 45. Zhu Y, Zhang C. Relevance of gestational diabetes and risk of progression to type 2 diabetes: A global perspective. *Current Diabetes Reports* 2016;16(1):1–11.
 46. Bereda G. The incidence and predictors of poor glycemic control among adults with type 2 diabetes mellitus in ambulatory clinic of Mettu Karl referral hospital, South Western, Ethiopia: A prospective cross-sectional study. *International Archives of Endocrinology Clinical Research* 2021;7:24.
 47. Russo M, Grande-Ratti M, Burgos M, Molaro A, Bonella M. Prevalence of diabetes, epidemiological characteristics and vascular complications. *Archivos de Cardiologia de Mexico* 2023;93(1):30–6.
 48. Li S, Wei X, Mao L, Wang X, Huang J, Yang L, et al. Prevalence and risk factors of diabetes mellitus: a community-based sectional survey. *Annals of Palliative Medicine* 2021;10(11):11939–49.
 49. Susilowati A, Waskita K. Pengaruh Pola Makan Terhadap Potensi Resiko Penyakit Diabetes Melitus. *Jurnal Mandala Pharmacon Indonesia* 2019;5(1).
 50. Making D, Detha A, Lada C, Roga A, Manurung I. Analisis Faktor Risiko Diabetes Mellitus Tipe 2 Pada Penduduk Di Wilayah Kerja Puskesmas Waepana Dan Riung Di Kabupaten Ngada Tahun 2023. *Indonesian Nursing Journal of Education and Clinic* 2023;3(4).
 51. Ton T, Tran A, Do I, Nguyen H, Nguyen T, Nguyen M, et al. Trends in prediabetes and diabetes prevalence and associated risk factors in Vietnamese adults. *Epidemiology and Health* 2020;42.
 52. Bujawati E, Awaliah R, Ansar J. Type 2 Diabetes In Urban and Rural Areas: A Comparative Study. *Public Health Science Journal* 2021;13(2).
 53. Kim JH, Noh J, Choi JW, Park EC. Association of Education and Smoking Status on Risk of Diabetes Mellitus: A Population-Based Nationwide Cross-Sectional Study. *International Journal of Environmental Research and Public Health* 2017;14:655.
 54. Azriful, Adnan Y, Bujawati E, Alam S, Nildawati. Mengungkap Fakta Faktor Risiko Diabetes Mellitus di Indonesia. *Media Penelitian dan Pengembangan Kesehatan* 2024;34(4).
 55. Fanani A. Hubungan Faktor Risiko dengan Kejadian Diabetes Mellitus di Puskesmas Dasan Tapen Kabupaten Lombok Barat. *Jurnal Ilmiah Ilmu Kesehatan* 2022;10(1):157–66.
 56. Arania R, Triwahyuni T, Esfandiari F, Nugraha F. Hubungan Antara Usia, Jenis

- Kelamin, dan Tingkat Pendidikan Dengan Kejadian Diabetes Mellitus di Klinik Mardi Waluyo Lampung Tengah. *Jurnal Medika Malahayati* 2021;5(3):146–53.
57. Rohmatullah V, Riskiyah, Pardjianto B, Kinasih L. Hubungan Usia dan Jenis Kelamin Terhadap Angka Kejadian Diabetes Mellitus Tipe 2 Berdasarkan 4 Kriteria Diagnosis di Poliklinik Penyakit Dalam RSUD Karsa Husada Kota Batu. *Jurnal Kesehatan Masyarakat Prepotif* 2024;8(1):2528–43.
 58. Amalia L, Mokodompis Y, Ismail G. Hubungan Overweight Dengan Kejadian Diabetes Mellitus Tipe 2 Di Wilayah Kerja Puskesmas Bulango Utara. *Jambura Journal of Epidemiology* 2022;1(1):11–9.
 59. Lasmawati E, Putri D, Nuryani D. Analisis Faktor Yang Berhubungan Dengan Kejadian Diabetes Mellitus Tipe 2. *Holistik Jurnal Kesehatan* 2023;17(4):334–44.
 60. Sambriong M. Hubungan Asupan Makanan Berisiko Dan Aktivitas Fisik Dengan Kejadian Diabetes Melitus Tipe II Di Kota Kupang. *Jurnal Info Kesehatan* 2018;16(1):44–58.
 61. Sulistyorini E, Novianti T, Ma'arif M. Konsumsi Buah dan Sayur dan Kejadian Diabetes Melitus pada Usia Produktif. *Jurnal Kesehatan Mahardika* 2023;10(1):7–12.
 62. Marpaung V, Trimawang Aji YG, Yenny. Gambaran Pola Makan Pada Pasien Diabetes Mellitus Di Puskesmas Cempaka Putih Jakarta. *Jurnal Kesehatan Mahardika* 2022;9(2):67–71.
 63. Elisabeth, Suhartina, Wienaldi. Hubungan gaya hidup dengan kejadian diabetes mellitus Tipe 2 di Rumah Sakit Royal Prima Medan. *Journal of Health Research Science* 2024;4(2):222–31.
 64. Arania R, Triwahyuni T, Prasetya T, Cahyani S. Hubungan Antara Pekerjaan dan Aktivitas Fisik Dengan Kejadian Diabetes Mellitus di Klinik Mardi Waluyo Kabupaten Lampung Tengah. *Jurnal Medika Malahayati* 2021;5(3):163–9.
 65. Mahmud F, Sudirman, Afni N. Faktor-Faktor yang Berhubungan dengan Penyakit Diabetes Mellitus di Ruang Poli Interna RSUD Mokopindo Kabupaten Tolitoli. *Jurnal Kolaboratif Sains* 2018;1(1).
 66. Lasar H, Rosadi D, Agustina E, Medyna I, Amelia. Hubungan Jenis Kelamin Dan Tingkat Pendidikan Dengan Kejadian Diabetes Melitus Tipe 2 Di Wilayah Kerja Puskesmas Martapura 1. *Seminar Nasional Lingkungan Lahan Basah* 2024;9(3).
 67. Santoso I. *Manajemen Data Untuk Analisis Data Penelitian Kesehatan*. 2013.
 68. Sugiyono. *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: CV. Alfabeta; 2018.
 69. BPK RI. Pemerintah Provinsi DKI Jakarta [Internet]. 2023; Available from: <https://jakarta.bpk.go.id/pemerintah-provinsi-dki-jakarta>
 70. Badan Pusat Statistik Provinsi DKI Jakarta. *Provinsi Dki Jakarta Dalam Angka 2025*. BPS Provinsi DKI Jakarta; 2025.
 71. Oktora S, Butar D. Determinants of Diabetes Mellitus Prevalence in Indonesia. *Jurnal Kesehatan Masyarakat* 2022;18(2):266–73.
 72. Tanoey J, Becher H. Diabetes prevalence and risk factors of early-onset adult diabetes: results from the Indonesian family life survey. *Global Health Action* 2021;14(1):2001144.
 73. Mnatzaganian G, Lee CMY, Cowen G, Boyd JH, Varhol RJ, Randall S, et al. Sex disparities in the prevalence, incidence, and management of diabetes mellitus: an Australian retrospective primary healthcare study involving 668,891 individuals. *BMC Med* [Internet] 2024;22(1):475. Available from:

- <https://doi.org/10.1186/s12916-024-03698-0>
74. Al-Naggar R, Ismail N, Osman M, Ismail Z. Diabetes Mellitus among Selected Malaysian Population: A Cross-Sectional Study. *International Journal of Medical Research & Health Sciences* 2017;6(4):1–11.
 75. Chilunga FP, Henneman P, Meeks KA, Beune E, Requena-Méndez A, Smeeth L, et al. Prevalence and determinants of type 2 diabetes among lean African migrants and non-migrants: the RODAM study. *Journal of Global Health* 2019;9(2):20426.
 76. Cho Y, Ryu S, Kim R, Shin MJ, Oh H. Ultra-processed Food Intake and Risk of Type 2 Diabetes in Korean Adults. *The Journal of Nutrition* 2024;154(1):243–51.
 77. Liberty I, Kurniawan F, Wijaya C, Soewondo P, Tahapary D. The Impact of Lifestyle Changes on the Prevalence of Prediabetes and Diabetes in Urban and Rural Indonesia: Results from the 2013 and 2018 Indonesian Basic Health Research (RISKESDAS) Survey. *Lifestyle Behavior Intervention for Diabetes Prevention and Management: 2nd Edition* 2024;5(6):537–53.
 78. Syauqy A, Fajar A, Candra A, Nissa C. Unhealthy food pattern, physical activity, and the incidence of diabetes mellitus among adults with central obesity. *AcTion: Aceh Nutrition Journal* 2023;8(3):426–37.
 79. Ahmed A, Lager A, Fredlund P, Elinder LS. Consumption of fruit and vegetables and the risk of type 2 diabetes: a 4-year longitudinal study among Swedish adults. *Journal of Nutritional Science* 2020;9:e14.
 80. Indrahadi D, Wardana A, Pierewan A. The prevalence of diabetes mellitus and relationship with socioeconomic status in the Indonesian population. *Jurnal Gizi Klinik Indonesia* 2021;17(3):103–12.
 81. Raghupathy P, Antonisamy B, Fall CHD, Geethanjali FS, Leary SD, Saperia J, et al. High prevalence of glucose intolerance even among young adults in south India. *Diabetes Research And Clinical Practice* 2007;77(2):269–79.
 82. Mihardja L, Soetrisno U, Soegondo S. Prevalence and clinical profile of diabetes mellitus in productive aged urban Indonesians. *Journal of Diabetes Investigation* 2014;5:507–12.
 83. Yu HJ, Ho M, Liu X, Yang J, Chau PH, Fong DYT. Incidence and temporal trends in type 2 diabetes by weight status: A systematic review and meta-analysis of prospective cohort studies. *Jornal of Global Health* 2023;13:4088.
 84. Zhang X, Zhu J, Kim JH, Sumerlin TS, Feng Q, Yu J. Metabolic health and adiposity transitions and risks of type 2 diabetes and cardiovascular diseases: a systematic review and meta-analysis. *Diabetology & Metabolic Syndrome [Internet]* 2023;15(1):60. Available from: <https://doi.org/10.1186/s13098-023-01025-w>
 85. Pangestika H, Ekawati D, Sari Murni N. Faktor-Faktor Yang Berhubungan Dengan Kejadian Diabetes Mellitus Tipe 2. *J Aisyiyah Med* 2022;7(1).
 86. Nurjana M, Veridiana N. Hubungan Perilaku Konsumsi dan Aktivitas Fisik dengan Diabetes Mellitus di Indonesia. *Buletin Penelitian Kesehatan* 2019;47:97–106.
 87. Liu Y, Cheng J, Wan L, Chen W. Associations between Total and Added Sugar Intake and Diabetes among Chinese Adults: The Role of Body Mass Index. *Nutrients* 2023;15(14).
 88. Gaeini Z, Bahadoran Z, Mirmiran P, Djazayeri A. The Association between Dietary Fat Pattern and the Risk of Type 2 Diabetes. *Preventive Nutrition And Food Science* 2019;24(1):1–7.

89. Megatsari H, Laksono A, Nandini N. Food Consumption Habits and Diabetes Mellitus in Indonesia: An Ecological Study. 2020.
90. Qin L, Yu Y, Yu R. Artificially sweetened beverages do not influence metabolic risk factors: a systematic review and meta-analysis. *Frontiers in Nutrition* [Internet] 2025;Volume 12. Available from: <https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2025.1482719>
91. Trapp G, Hurworth M, Jacoby P, Christian H, Ambrosini G, Oddy W, et al. Energy drink intake and metabolic syndrome: A prospective investigation in young adults. *Nutrition, Metabolism and Cardiovascular Diseases* 2020;30.
92. Moslehi N, Mahdavi M, Mirmiran P, Azizi F. Ultra-processed foods and the incidence of pre-diabetes and type 2 diabetes among Iranian adults: the Tehran lipid and glucose study. *Nutrition & Metabolism (Lond)* [Internet] 2024;21(1):79. Available from: <https://doi.org/10.1186/s12986-024-00854-4>
93. Milita F, Handayani S, Setiaji B. Kejadian Diabetes Mellitus Tipe II pada Lanjut Usia di Indonesia (Analisis Risesdas 2018). *Jurnal Kedokteran dan Kesehatan* 2021;17(1).
94. Li G, Jiang J, Li Z. The relationship between processed meat, red meat, and risk of cardiovascular disease and type 2 diabetes: A Mendelian randomization study. *European Journal Of Preventive Cardiology* 2024;
95. Widodo D, Retnaningtyas E, Fajar I. Faktor Risiko Timbulnya Diabetes Mellitus Pada Remaja SMU. *Jurnal Ners* 2012;7(77):1–9.
96. Suryanti S, Sudarman S, Aswadi. Hubungan Gaya Hidup dan Pola Makan Dengan Kejadian Diabetes Mellitus di Rumah Sakit Bhayangkara Kota Makassar. *Jurnal Promotif Preventif* 2021;4(1):1–9.
97. Ningrum AN, Puspitasary K, Kemala RS. Hubungan Perilaku Pola Makan dan Aktivitas Fisik terhadap Risiko Kejadian Diabetes Melitus Tipe 2. *Jurnal Farmasetis* [Internet] 2023;12(3):317–24. Available from: <https://journal2.stikeskendal.ac.id/index.php/far/article/view/1374>
98. Oktavia S, Budiarti E, Marsa F, Rahayu D, Setiaji B. Faktor-Faktor Sosial Demografi Yang Berhubungan Dengan Kejadian Diabetes Melitus Tipe 2. *Jurnal Ilmiah Permas: Jurnal Ilmiah STIKES Kendal* [Internet] 2022;12(4). Available from: <https://journal2.stikeskendal.ac.id/index.php/PSKM/article/view/1979/1260>
99. WHO. WHO Guidelines on physical activity and sedentary behaviour [Internet]. 2020.
100. Faizal N, Mutthalib N, Muhsanah F. Faktor Risiko Kejadian Penyakit Diabetes Melitus Di Wilayah Kerja Puskesmas Segeri Kabupaten Pangkep. *Window of Public Health Journal* 2024;5(6).
101. Sitanggung PG, Kalsum U, Wisudariani E, Halim R, Nasution HS. Faktor Risiko Kejadian Diabetes Melitus Tipe 2 pada Pegawai Pemerintah di Indonesia (Analisis Data SKI Tahun 2023). *Jurnal Ilmiah Kedokteran dan Kesehatan* 2025;4(3):291–305.
102. Banack HR, Bea JW, Kaufman JS, Stokes A, Kroenke CH, Stefanick ML, et al. The Effects of Reverse Causality and Selective Attrition on the Relationship Between Body Mass Index and Mortality in Postmenopausal Women. *American Journal Of Epidemiology* 2019;188(10):1838–48.