

DAFTAR PUSTAKA

1. Ati NAL, Susumaningrum LA, Rasni H, Rizanti AP, Aridatama YF, Firmansyah YF. Edukasi Kesehatan Penyakit Tidak Menular dan Senam Hipertensi pada Masyarakat Usia Dewasa di Desa Glagahwero Jember. *Dedikasi Saintek Jurnal Pengabdian Masyarakat*. 19 April 2023;2(1):16–25.
2. Moiz A, Zolotarova T, Eisenberg MJ. Outpatient management of essential hypertension: a review based on the latest clinical guidelines. *Annals of Medicine*. Taylor and Francis Ltd. 2024;56(1).
3. Sarathy H, Salman LA, Lee C, Cohen JB. Evaluation and Management of Secondary Hypertension. *Medical Clinics of North America*. W.B. Saunders. 2022;106(2).269–83.
4. World Health Organization. Global report on hypertension The race against a silent killer. 2023. Report.
5. kementerian kesehatan Republik Indonesia. *Ski 2023 Dalam Angka Kementerian Kesehatan Republik Indonesia*. 2023. Report.
6. Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan (LPB). *LAPORAN RISKESDAS SUMATERA BARAT 2018*. 2019.
7. Dinas Kesehatan Kota Padang. *Profil Kesehatan Kota Padang Tahun 2023*. 2024. Report.
8. Pallarés-Carratalá V, Ruiz-García A, Serrano-Cumplido A, Arranz-Martínez E, Divisón-Garrote JA, Moyá-Amengual A, dkk. Prevalence Rates of Arterial Hypertension According to the Threshold Criteria of 140/90 or 130/80 mmHg and Associated Cardiometabolic and Renal Factors: SIMETAP-HTN Study. *Medicina (Lithuania)*. 1 Oktober 2023;59(10).1846.
9. Perhimpunan Dokter Hipertensi Indonesia, Editor. *Panduan Promotif Dan Preventif Hipertensi 2023*. Jakarta; 2023.
10. Syahrina A. *Gambaran Kadar Albuminuria Penderita Hipertensi Terkontrol Dan Tidak Terkontrol Pada Peserta Prolanis Di Klinik Asy-Syifa Medika Padang*. [Skripsi]. Padang: Fakultas Kedokteran Universitas Andalas; 2024.
11. Lukman Nurdiansyah F. *Monitoring dan Evaluasi Kapitasi Berbasis Kinerja FKTP Kota Padang*. 2025. Report.
12. Ningsih SR, Fauzan MR. Analisis Unmodifiable dan Modifiable Risk Factors Terhadap Kejadian Hipertensi Pada Lansia di Puskesmas Tungoi. *Jurnal Ilmiah Keperawatan Stikes Hang Tuah Surabaya, Institut Kesehatan dan Teknologi Graha Medika Kotamobagu*. 2023;18(2).

13. Kucharska A, Gajewska D, Kiedrowski M, Sińska B, Juszczyk G, Czerw A, dkk. The impact of individualised nutritional therapy according to DASH diet on blood pressure, body mass, and selected biochemical parameters in overweight/obese patients with primary arterial hypertension: a prospective randomised study. *Kardiol Pol.* 2018;76(1):158–65.
14. Guo R, Li N, Yang R, Liao XY, Zhang Y, Zhu BF, dkk. Effects of the Modified DASH Diet on Adults With Elevated Blood Pressure or Hypertension: A Systematic Review and Meta-Analysis. *Frontiers in Nutrition.* Frontiers Media S.A. 2021;8.
15. Filista Soputan, Beatrix J Podung, I Wayan Gede Suarjana. Hubungan Aktifitas Fisik Dengan Tekanan Darah Pada Pasien Hipertensi Di Prolanis Maleosan Tomohon. *VitaMedica: Jurnal Rumpun Kesehatan Umum.* 18 Desember 2024;3(1):141–51.
16. Islam FAM, Islam MA, Hosen MA, Lambert EA, Maddison R, Lambert GW, dkk. Associations of physical activity levels, and attitudes towards physical activity with blood pressure among adults with high blood pressure in Bangladesh. *PLoS One.* Februari 2023;18(2)..
17. McCarthy CP, Bruno RM, Brouwers S, Canavan MD, Ceconi C, Christodorescu RM, dkk. 2024 ESC Guidelines for the management of elevated blood pressure and hypertension. *European Heart Journal.* Oxford University Press. 2024;45.3912–4018.
18. Darussalam M, Warseno A. Faktor Yang Berhubungan dengan Pasien Hipertensi Tidak Terkontrol Di Puskesmas Gamping 1 Sleman Yogyakarta. Departemen Keperawatan Medikal Bedah dan komunitas, Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta. Juli 2017;1(2).
19. Unger T, Borghi C, Charchar F, Khan NA, Poulter NR, Prabhakaran D, dkk. 2020 International Society of Hypertension Global Hypertension Practice Guidelines. *Hypertension.* 1 Juni 2020;75(6):1334–57.
20. Bakris GL, Sorrentino MJ, editor. *Hypertension: A companion book to Braunwald's heart disease.* 3 ed. Philadelphia: Elsevier; 2018. 474 hlm.
21. Ma J, Chen X. Advances in pathogenesis and treatment of essential hypertension. *Frontiers in Cardiovascular Medicine.* 2022;9.
22. Navaneethabalakrishnan S, Smith HL, Arenaz CM, Goodlett BL, McDermott JG, Mitchell BM. Update on Immune Mechanisms in Hypertension. *American Journal of Hypertension.* Oxford University Press; 2022;35(10):842–51.

23. Heryanti E, Djokosujono K. The Relationship between Age, Gender, Obesity, Physical Activity, Smoking, Vegetable and Fruit Consumption with Hypertension. *Social Sciences, Education and Humanities (GCSSEH)*, Redwhite Press. 2020;5:160-165.
24. Ren Z, Yang H, Zhu W, Han J, Yu S, Zhao S, dkk. Age and blood pressure stratified healthy vascular aging, organ damage and prognosis in the community-dwelling elderly: insights from the North Shanghai Study. *Clin Hypertens*. 2024;30(31):1-12.
25. Oktamianti P, Kusuma D, Amir V, Tjandrarini DH, Paramita A. District-Level Inequalities in Hypertension among Adults in Indonesia: A Cross-Sectional Analysis by Sex and Age Group. *Int J Environ Res Public Health*. 2022;19(20):13268.
26. Nurhayati UA, Ariyanto A, Syafriakhwan F. Hubungan usia dan jenis kelamin terhadap kejadian hipertensi. *Prosiding Seminar Nasional Penelitian dan Pengabdian Kepada Masyarakat LPPM Universitas 'Aisyiyah Yogyakarta*. 2023;1:363-369.
27. Connelly PJ, Currie G, Delles C. Sex Differences in the Prevalence, Outcomes and Management of Hypertension. *Current Hypertension Reports*. Springer. 2022;24(6):185–92.
28. Rezaianzadeh A, Johari MG, Baeradeh N, Seif M, Hosseini SV. Sex differences in hypertension incidence and risk factors: a population-based cohort study in Southern Iran. *BMC Public Health*. 2024;24(1):3575.
29. Prahassiwati AA, Sukendra DM. Risk Behavior and Psychological Stress on the Incidence of Hypertension among Productive Age in Urban Communities. *International Journal of Science and Society*. 2024;6(1):99-115.
30. Baringbing EP. Pengaruh Karakteristik Pendidikan dengan Kejadian Hipertensi pada Pasien Rawat Jalan di RSUD dr. Doris Sylvanus Provinsi Kalimantan Tengah. *Jurnal Surya Medika*. 27 Desember 2023;9(3):124–30.
31. Mani A. Update in genetic and epigenetic causes of hypertension. *Cellular and Molecular Life Sciences*. Springer Science and Business Media Deutschland GmbH. 2024;81(1):201.
32. Misnaniarti, Nugraheni WP, Nantabah ZK, Restuningtyas FR, Hartono RK, Rachmawati T, dkk. Smoking behavior and hypertension among health workers during the COVID-19 pandemic: a case study in Java and Bali-Indonesia. *Front Cardiovasc Med*. 2023;10:1-7.
33. Klein LW. Pathophysiologic Mechanisms of Tobacco Smoke Producing Atherosclerosis. *Curr Cardiol Rev*. 2022;18(6):60-67.

34. Roniawan HF, Octaviani DM P, Prabandari R. Hubungan Kadar Gula Darah Dengan Tekanan Darah Pasien Diabetes Melitus Tipe 2 Di Puskesmas Sokaraja 1. *Jurnal Farmasi & Sains Indonesia*. 20 Oktober 2021;4(2):74–8.
35. Er Unja E, Britama, Trihandini B. Hubungan Kadar Gula Darah Dengan Hipertensi Pada Pasien Diabetes Melitus Tipe 2 Di Wilayah Kerja Puskesmas Teluk Tiram Kota Banjarmasin Tahun 2024. *Journal of Nursing Invention*. 2024;5(2):130-138.
36. Ardiana M, Nirwana W. Dyslipidemia And Hypertension Among Indonesian Hajj Pilgrims: A Cross-Sectional Study. *Jurnal Health Sains*. 2024;5(8):601-609.
37. Dąbrowska E, Narkiewicz K. Hypertension and Dyslipidemia: the Two Partners in Endothelium-Related Crime. *Current Atherosclerosis Reports*. Springer. 2023;25(9):605–12.
38. Lanaspá MA, Andres-Hernando A, Kuwabara M. Uric acid and hypertension. *Hypertension Research*. Springer Nature. 2020;43(8):832–4.
39. Parvanova A, Reseghetti E, Abbate M, Ruggenenti P. Mechanisms and treatment of obesity-related hypertension—Part 1: Mechanisms. *Clinical Kidney Journal*. Oxford University Press. 2024;17(1):1-18.
40. Khotimah NK, Gani NF, Nurhidayah, Musdalifah & Rasmawati. Hubungan Aktifitas Fisik dengan Tekanan Darah pada Pasien Hipertensi di Indonesia: Meta-Analysis Study. *Jurnal Keperawatan Muhammadiyah*. 2024;9(2):197-202.
41. Monfared V, Hashemi M, Kiani F, Javid R, Yousefi M, Hasani M, dkk. The effect of physical activity intervention on blood pressure in 18 low and middle-income countries: a systematic review and meta-analysis of randomized controlled trials. *Clin Hypertens*. 2024;30(1):22.
42. Shariful Islam M, Fardousi A, Sizear MI, Rabbani MG, Islam R, Saif-Ur-Rahman KM. Effect of leisure-time physical activity on blood pressure in people with hypertension: a systematic review and meta-analysis. *Sci Rep*. 2023;13(1).10639.
43. Okechukwu C. Effectiveness of physical activity in the prevention and treatment of hypertension: A mini review. *CHRISMED Journal of Health and Research*. 2020;7(1):1.
44. Santoso B, Robaeni RS, Langit MS, Nursantiko DR. Resistance Training Dan Combined Strength Training Untuk Pemain Muda Olahraga Permainan: A Literature Review. *Jurnal Keperawatan Olahraga*. 1 September 2025;17(2):82–94. doi:10.17509/jko-upi.v17i2.85780

45. Asnani, Evi M. A Systematic Review: Benefits of Physical Activity in Elderly Hypertension. *Social Sciences, Education and Humanities (GCSSEH)*, Redwhite Press. 2020;5:154-159.
46. Suri S, Kumar V, Kumar S, Goyal A, Tanwar B, Kaur J, dkk. DASH Dietary Pattern: A Treatment for Non-communicable Diseases. *Curr Hypertens Rev*. 7 Oktober 2019;16(2):108–14.
47. Gohari S, Ghobadi S, Jafari A, Ahangar H, Gohari S, Mahjani M. The effect of dietary approaches to stop hypertension and ketogenic diets intervention on serum uric acid concentration: a systematic review and meta-analysis of randomized controlled trials. *Sci Rep*. 1 Desember 2023;13(1):10492.
48. Quan X, Shen X, Li C, Li Y, Li T, Chen B. Adherence to the dietary approaches to stop hypertension diet reduces the risk of diabetes mellitus: a systematic review and dose-response meta-analysis. *Endocrine*. 1 Oktober 2024;86(1):85–100.
49. Valenzuela-Fuenzalida JJ, Bravo VS, Valarezo LM, Delgado Retamal MF, Leiva JM, Bruna-Mejías A, dkk. Effectiveness of DASH Diet versus Other Diet Modalities in Patients with Metabolic Syndrome: A Systematic Review and Meta-Analysis. *Nutrients*. Multidisciplinary Digital Publishing Institute (MDPI). 2024;16(18):3054.
50. Finicelli M, Di Salle A, Galderisi U, Peluso G. The Mediterranean Diet: An Update of the Clinical Trials. *Nutrients*. MDPI. 2022;14(14):2956.
51. Antonio Del Ciampo L, Lopes Del Ciampo IR. Vegetarianism and veganism in adolescence: Benefits and risks. *Integr Food Nutr Metab*. 2019;6(1):1-4.
52. Isnaini N, Dewi FST, Madyaningrum E, Supriyadi. Blood pressure impact of dietary practices using the DASH method: a systematic review and meta-analysis. *Clin Hypertens*. 2025;31(12):1-11.
53. Marwaha K. Examining the Role of Psychosocial Stressors in Hypertension. *Journal of Preventive Medicine and Public Health*. 1 November 2022;55(6):499–505.
54. Sari NW, Mutmainna A, Irmayani. Hubungan Stres Dengan Kejadian Hipertensi Pada Penderita Hipertensi Di Wilayah Kerja Puskesmas Tamangapa Kota Makassar. *JIMPK : Jurnal Ilmiah Mahasiswa & Penelitian Keperawatan*. 2024;4(2):225-231.
55. Johnson HM, Shimbo D, Abdalla M, Altieri MM, Bress AP, Carter J, dkk. 2025AHA/ACC/AANP/AAPA/ABC/ACCP/ACPM/AGS/AMA/ASPC/NM A/PCNA/SGIM Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults: A Report of the American

College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines. Hypertension. 1 Oktober 2025;82(10):212–316.

56. Adler A, Agodoa L, Algra A, Asselbergs FW, Beckett NS, Berge E, dkk. Pharmacological blood pressure lowering for primary and secondary prevention of cardiovascular disease across different levels of blood pressure: an individual participant-level data meta-analysis. *The Lancet*. 1 Mei 2021;397(10285):1625–36.
57. Kifle ZD, Adugna M, Chanie GS, Mohammed A. Prevalence and associated factors of hypertension complications among hypertensive patients at University of Gondar Comprehensive Specialized Referral Hospital. *Clin Epidemiol Glob Health*. Januari 2022;13:1-6.
58. Saputra PBT, Lamara AD, Saputra ME, Maulana RA, Hermawati IE, Achmad HA, dkk. Diagnosis dan Terapi Non-farmakologis Hipertensi. Departemen Kardiologi dan Kedokteran Vaskular, Fakultas Kedokteran Universitas Airlangga, Surabaya, CDK-317. 2023;50(6):322-330.
59. BPJS Kesehatan. PROLANIS (Program Pengelolaan Penyakit Kronis). Report.
60. BPJS Kesehatan. Peraturan BPJS Kesehatan No 3 Tahun 2024 tentang Pelayanan Skrining Riwayat Kesehatan, Pelayanan Penapisan Atau Skrining Kesehatan Tertentu, Dan Peningkatan Kesehatan Bagi Peserta Penderita Penyakit Kronis Dalam Program Jaminan Kesehatan. 2024.
61. Lee J, Sabran M, Rubismo K, Zebua A, Jhoputri C, Lee J, dkk. Effect Of Sodium-Glucose Cotransporter-2 Inhibitor On Blood Pressure In Patient With Type 2 Diabetes Mellitus With Renal Impairment: A Systematic Review Blood Pressure Reduction Effect Of Dapagliflozin In Patients With Type 2 Diabetes Mellitus: A Systematic Review Differential Profiles Of Cortisol, Components Of Autonomic Nervous System, And Self-Rated Health In Predicting Circadian Variability Of Idiopathic Premature Ventricular Contraction Burden. *Journal of Hypertension*. 2023;41:14-15.
62. Okawa Y, Mitsuhashi T, Tsuda T. The Asia-Pacific Body Mass Index Classification and New-Onset Chronic Kidney Disease in Non-Diabetic Japanese Adults: A Community-Based Longitudinal Study from 1998 to 2023. *Biomedicines*. 1 Februari 2025;13(2):373.
63. WHO (2024). Physical Activity. <https://www.who.int/en/news-room/fact-sheets/detail/physical-activit-diakses> November 2025.
64. Guidelines for Data Processing and Analysis of the International Physical Activity Questionnaire (IPAQ)-Short and Long Forms [Internet]. 2005. Tersedia pada: www.ipaq.ki.se.

65. Mukti B. Penerapan DASH (Dietary Approach to Stop Hypertension) pada Penderita Hipertensi. *Jurnal Ilmiah PANNMED*. 2019;14(2):1-6.
66. Craig CL, Marshall AL, Sjöström M, Bauman AE, Booth ML, Ainsworth BE, dkk. International physical activity questionnaire: 12-Country reliability and validity. *Med Sci Sports Exerc*. 1 Agustus 2003;35(8):1381–95.
67. Dharmansyah D, Budiana D. Indonesian Adaptation of The International Physical Activity Questionnaire (IPAQ): Psychometric Properties. *JURNAL PENDIDIKAN KEPERAWATAN INDONESIA*. 29 Desember 2021;7(2):159–63.
68. Medina C, Barquera S, Janssen I. Validity and reliability of the International Physical Activity Questionnaire among adults in Mexico. *Rev Panam Salud Publica*. 2013;34(1):21-28.
69. Zahrah R, Muin F. Faktor-Faktor Yang Berhubungan Dengan Kualitas Hidup Penderita Hipertensi Di Jumpanyang Baru. [Skripsi]. Makassar: Fakultas Keperawatan, Universitas Hasanuddin. 2019.
70. Guidelines for Data Processing and Analysis of the International Physical Activity Questionnaire (IPAQ)-Short Form [Internet]. 2004. Report. Tersedia pada: www.ipaq.ki.se.
71. Setianingsih DR. Hubungan Dukungan Keluarga Dengan Kepatuhan Diet Hipertensi Pada Lansia. [Skripsi]. Jombang: Program Studi S1 Ilmu Keperawatan Sekolah Tinggi Ilmu Kesehatan Insan Cendekia Medika. 2017.
72. Pebiani P, Ruhjana, Sriyati. Analisis kualitas hidup pasien hipertensi anggota prolanis Puskesmas Gamping 2. *Prosiding Seminar Nasional Penelitian dan Pengabdian Kepada Masyarakat LPPM Universitas 'Aisyiyah Yogyakarta*. 2024;2:455-466.
73. Amanda Primadhini T, Oktavia Sari Y, Yosmar R, Salsabila Eka Ranti Syukra P, Azzahra R, Serdiani. Hubungan Tingkat Kepatuhan Terapi Antihipertensi Dengan Kualitas Hidup Pasien Di Puskesmas Kota Padang. *Jurnal Hasil Penelitian Dan Pengkajian Ilmiah Eksakta*. 2025;4(2):222-231.
74. Glazier JJ. Pathophysiology, Diagnosis, and Management of Hypertension in the Elderly. *International Journal of Angiology*. 1 Desember 2022;31(4):222–8.
75. Prasad K. Involvement of AGE and Its Receptors in the Pathogenesis of Hypertension in Elderly People and Its Treatment. *International Journal of Angiology*. 1 Desember 2022;31(4):213–21.

76. Ariffah Septiani S, Misnaniarti, Januar Sitorus R. Analisis Determinan Pemanfaatan Program Pengelolaan Penyakit Kronis (Prolanis) Hipertensi Lanjut Usia (Lansia) Di Kecamatan Seberang Ulu 1. 2024;8(3):6217–25.
77. Pakaya F, Amalia L, Mokodompis Y. Karakteristik Demografi Dan Perilaku Penderita Hipertensi Peserta Prolanis Di Wilayah Kerja Puskesmas Kabila. Madu : Jurnal Kesehatan. 28 Desember 2021;10(2):34.
78. Khusnia L, Sawitri H, Yuziani Y. Gambaran Karakteristik dan Kualitas Hidup pada Peserta Program Pengelolaan Penyakit Kronis (PROLANIS) Penderita Hipertensi di Puskesmas Muara Satu Kota Lhokseumawe. COMSERVA : Jurnal Penelitian dan Pengabdian Masyarakat. 28 April 2024;3(12):5007–14.
79. Yudha Prasetyo E, Ayu Kusumaratni D, Fatimah, Ephrino Seran K, Hariyani. Analisa Hubungan Karakteristik Pasien Terhadap Kepatuhan Minum Obat Dan Kualitas Hidup Pasien Hipertensi Prolanis Di Puskesmas Sidomulyo. 2023;3(2):23-30.
80. Li S, Tan I, Atkins E, Schutte AE, Gnanenthiran SR. The Pathophysiology, Prognosis and Treatment of Hypertension in Females from Pregnancy to Post-menopause: A Review. *Current Heart Failure Reports*. Springer. 2024;21(4):322–36.
81. Ebong IA, Quesada O, Fonkoue IT, Mattina D, Sullivan S, Oliveira GMM de, dkk. The Role of Psychosocial Stress on Cardiovascular Disease in Women: JACC State-of-the-Art Review. *Journal of the American College of Cardiology*. Elsevier Inc. 2024;84(3):298–314..
82. Golinelli D, Sanmarchi F, Guarducci G, Palombarini J, Benetti P, Rosa S, dkk. Gender differences in healthcare utilization across Europe: Evidence from the European Health Interview Survey. *Health Policy*, Elsevier. 2025;162:1-9.
83. Arif M, Sandro M, Sahroni M, Andriani S, Windrianatama E. Skrining Pemeriksaan Gula Darah Dan Asam Urat Di Wisata Kuliner Pringsewu. *Jurnal Pengabdian Kepada Masyarakat*. 2024;2(2):293-298.
84. Vacca A, Bulfone L, Cicco S, Brosolo G, Da Porto A, Soardo G, dkk. Alcohol Intake and Arterial Hypertension: Retelling of a Multifaceted Story. *Nutrients*, MDPI. 2023;15(4):958.
85. Salamah S, Khafiyya AN, Ramadhani R, Arfiana MR, Syamsuri I, Faizah NN, dkk. Outcomes of the Indonesian Chronic Disease Management Program (PROLANIS) in Patients with Hypertension During the COVID-19 Pandemic in Rural Areas: A Preliminary Evaluation Study. *Medical Science Monitor*. 2023;29:1-9.

86. Alfina SariB I, Safei I, Ikram D. Literature Review : The Effect Of Work Stress On The Risk Of Hypertension. Sean Institute, Jurnal Eduhealth. 2025;16(1):489-501.
87. Putri Syatira A, Ekaria. The Effects Of Price, Income, And Household Characteristics On Ultra-Processed Food Consumption In Jakarta, Indonesia. Jurnal Aplikasi Statistika & Komputasi Statistik; 2022:37-53.
88. Pagliai G, Dinu M, Madarena MP, Bonaccio M, Iacoviello L, Sofi F. Consumption of ultra-processed foods and health status: A systematic review and meta-Analysis. British Journal of Nutrition, Cambridge University Press. 2021;125(3):308–18.
89. Sukiyem, Novalinda C, Bastira Ginting J. Analysis Of Determinants Of Health Service Utilization At Puskesmas Negeri Lama Labuhanbatu In 2024. Ibnu Sina: Jurnal Kedokteran dan Kesehatan-Fakultas Kedokteran Universitas Islam Sumatera Utara. Januari 2025;24(1):182-190.
90. Mossavarali S, Azizpour Y, Golestani A, Rezaei N, Khosravi S, Mirzad M, dkk. Prevalence of dyslipidemia and its association with blood pressure control in Iranian hypertensive patients: insights from STEPS 2021. Lipids in Health and Disease . 2025;24(1):232.
91. Sen S, Nuswantoro A, Kamilla L, Aprilia D. Normal dan Dislipidemia: Profil Lipid Pasien Hipertensi- Prolanis di Kota Pontianak. MAHESA : Malahayati Health Student Journal. 1 Januari 2024;4(1):352–60.
92. Kumari A, Kishor A, Mishra AK. Prevalence of Dyslipidemia in Recently Diagnosed Hypertensive Patients. Int J Med Biomed Stud. 30 Agustus 2024;8(4):75–80.
93. Rafaqat S, Rafaqat S, Klisić A. The role of serum lipid profile in the pathogenesis of arterial hypertension. Arh Farm (Belgr). 2024;74(3):76–91.
94. Irma Yohana Tambunan, Nelli Roza, Laeli Mufidah. Hubungan Faktor Genetik (Riwayat Keluarga) dengan Kejadian Hipertensi pada Lansia di Posyandu Lansia Kelurahan Sekanak Raya Wilayah Kerja Puskesmas Belakang Padang Tahun 2024. Jurnal Ilmiah Kedokteran dan Kesehatan. 25 Oktober 2025;5(1):350–7.
95. Takase M, Hirata T, Nakaya N, Kogure M, Hatanaka R, Nakaya K, dkk. Associations of family history of hypertension, genetic, and lifestyle risks with incident hypertension. Hypertension Research. 1 Oktober 2025;48(10):2606–17.
96. Kunnas T, Nikkari ST. Family history of hypertension enhances age-dependent rise in blood pressure, a 15-year follow-up, the Tampere adult

- population cardiovascular risk study. *Medicine (United States)*. 29 September 2023;102(39):1-3.
97. Lestari NF, Sawitri E, Fitriany E. Kepatuhan Minum Obat Dan Indeks Massa Tubuh Berhubungan Dengan Tekanan Darah Pasien Hipertensi Prolanis Di Puskesmas Segiri Kota Samarinda. *Jurnal Medika : Karya Ilmiah Kesehatan*. 2022;7(1).
 98. Guraci VG, Safitri A, Hamzah PN, Royani I, Mulyadi FE. Hubungan Antara Status Gizi dengan Kejadian Hipertensi pada Lansia di RSD Kota Tidore Kepulauan The Relationship Between Nutritional Status With Hypertension Incidence in Elderly in RSD Kota Tidore Islands. *April 2025*;7(2):800-807.
 99. Praningsih S, Maryati H, Puji Priyanti R, Sugiharti N. Hubungan Indeks Masa Tubuh dan Kadar Kolesterol dengan Tekanan Darah di Prolanis Puskesmas Perak Jombang. *Jurnal Ilmiah Keperawatan (Scientific Journal of Nursing)*. 2023;9(2):470-476.
 100. Jayaraj RL, Aburawi EH. Mechanistic relationship between obesity-induced inflammation triggering endothelial dysfunction and the initiation of atherosclerosis development. *Heart, Vessels and Transplantation, Bishkek: Center for Scientific Research and Development of Education*. 2025;9.
 101. Daka R, Martha E, Putu L, Dewiyanti A, Habina E. Faktor-Faktor Yang Mempengaruhi Kejadian Obesitas Pada Remaja Di Indonesia (Literatur Review). *Jurnal Ners Universitas Pahlawan*. 2025;9(2):3190–205.
 102. Moschonis G, Trakman GL. Overweight and Obesity: The Interplay of Eating Habits and Physical Activity. *Nutrients, Multidisciplinary Digital Publishing Institute (MDPI)*. 2023;15(13):2896.
 103. Maulida Rahmawati R. *Kajian Literatur Hubungan Aktivitas Fisik Dengan Kejadian Hipertensi*. Surakarta: Fakultas Ilmu Kesehatan Universitas Muhammadiyah; 2020.
 104. Herlin Indriani M, Nur Djannah S, Ruliyandari R. Pengaruh Aktivitas Fisik terhadap Kejadian Hipertensi. *The Indonesian Journal of Public Health*. 2023;18(4):1-5.
 105. Maulina M, Sawitri H, Herlina N. Penyuluhan Pencegahan Stroke dan Sosialisasi Aktivitas Fisik pada Anggota Prolanis di Puskesmas Banda Sakti, Lhokseumawe. *AUXILIUM: Jurnal Pengabdian Kesehatan*. 2024;2(1):32–8.
 106. Theodoridis X, Chourdakis M, Chrysoula L, Chroni V, Tirodimos I, Dipla K, dkk. Adherence to the DASH Diet and Risk of Hypertension: A Systematic Review and Meta-Analysis. *Nutrients, Multidisciplinary Digital Publishing Institute (MDPI)*. 2023;15(14):3261.

107. Filippou C, Tatakis F, Polyzos D, Manta E, Thomopoulos C, Nihoyannopoulos P, dkk. Overview of salt restriction in the Dietary Approaches to Stop Hypertension (DASH) and the Mediterranean diet for blood pressure reduction. *Reviews in Cardiovascular Medicine*. IMR Press Limited. 2022;23(1):1-13.
108. Dwi Yunita Widayani K, Putu Artha Wijaya I, Wuri Prihandini C, Sherlyna Prihandhani I. Hubungan Pengetahuan Diet Dash Dengan Kepatuhan Diet Pada Pasien Hipertensi. *Jurnal ASSYIFA*. 2025;3(2):218-223.
109. Masri E, Nasution NS, Ahriyasna R. Literasi Gizi dan Konsumsi Gula, Garam, Lemak pada Remaja di Kota Padang. *Jurnal kesehatan Politeknik Negeri Jember*. 1 April 2022;10(1):23–30.
110. Ambrosia M, Tifaona B, Haryanto J, Ulfiana E. The Relationship Of Knowledge, Attitude And Family Support With The Nutritional Status Of The Elderly: Literature Review. *Journal of Vocational Nursing*. 2021;2:44-52
111. Darmon N, Drewnowski A. Contribution of food prices and diet cost to socioeconomic disparities in diet quality and health: A systematic review and analysis. *Nutr Rev*. 1 Oktober 2015;73(10):643–60.
112. Strużek K, Kwiatkowska A, Mączka E, Tracz W, Świercz P, Teper K, dkk. The Impact Of The Dash And Mediterranean Diets On Blood Pressure And Cardiovascular Risk Factors: A Review Of Scientific Evidence And Practical Implications. *International Journal of Innovative Technologies in Social Science*. 12 September 2025;2:1-11.

