



UNIVERSITAS ANDALAS

**HUBUNGAN KONSUMSI *ULTRA-PROCESSED FOOD* (UPF)
DENGAN PENYAKIT JANTUNG KORONER
DI ASIA: TINJAUAN SISTEMATIS**

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xi + 88 Halaman, 13 Tabel, 5 Gambar, 7 Lampiran

ABSTRAK

Tujuan Penelitian

Penelitian ini bertujuan untuk menganalisis hubungan konsumsi pangan ultra-proses (UPF) dengan risiko penyakit jantung koroner (PJK) di Asia, mengingat kawasan ini menanggung 58% beban kematian PJK global akibat transisi nutrisi yang masif.

Metode

Tinjauan sistematis menggunakan protokol PRISMA 2020 pada *database* PubMed, ScienceDirect, dan Google Scholar pada publikasi periode 2016-2026. Penelitian dilaksanakan pada bulan Januari hingga Mei 2026. Dari 286 artikel, terpilih 6 studi dari India, Iran, Korea Selatan, Singapura, dan China untuk disintesis secara naratif.

Hasil

Ditemukan hubungan linear yang signifikan, yaitu setiap kenaikan 10% proporsi UPF dalam diet harian meningkatkan risiko PJK sebesar 11%. Camilan asin dan minuman manis menjadi kontributor utama melalui mekanisme hipertensi akibat natrium tinggi, dislipidemia, serta inflamasi sistemik kronis yang merusak dinding pembuluh darah.

Kesimpulan

Konsumsi UPF berhubungan positif dengan peningkatan risiko PJK di Asia. Diperlukan intervensi kebijakan regulasi pangan dan edukasi gizi untuk mendorong kembali konsumsi pangan alami guna menekan beban penyakit kardiovaskular di kawasan Asia.

Daftar Pustaka : 85 (2016-2026)

Kata Kunci : Makanan Ultra Proses; Penyakit Jantung Koroner; Asia; Tinjauan Sistematis; Faktor Risiko.

**FACULTY OF PUBLIC HEALTH
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**THE RELATIONSHIP BETWEEN ULTRA-PROCESSED FOOD (UPF)
CONSUMPTION AND CORONARY HEART DISEASE IN ASIA: A
SYSTEMATIC REVIEW**

xi + 88 Pages, 13 Tables, 5 Figures, 7 Appendices

ABSTRACT

Research Objective

This study aims to analyze the relationship between ultra-processed food (UPF) consumption and the risk of coronary heart disease (CHD) in Asia, considering that the region bears 58% of the global CHD death burden due to massive nutritional transitions.

Methods

A systematic review was conducted using the PRISMA 2020 protocol on the PubMed, ScienceDirect, and Google Scholar databases periode 2016-2026. This study was carried out from January to May 2026. Out of 286 articles, 6 studies from India, Iran, South Korea, Singapore, and China were selected for narrative synthesis.

Results

A significant linear relationship was found, that every 10% increase in the proportion of UPFs in the daily diet raises the risk of CHD by 11%. Salty snacks and sugary drinks are the main contributors through mechanisms such as hypertension due to high sodium, dyslipidemia, and chronic systemic inflammation that damages blood vessel walls.

Conclusion

UPF consumption is positively associated with an increased risk of CHD in Asia. Food regulation policies and nutrition education interventions are needed to encourage a return to natural foods to reduce the burden of cardiovascular diseases in the Asian region.

References : 85 (2016-2026)

Keywords : *Ultra-Processed Foods; Coronary Artery Disease; Asia; Systematic Review; Risk Factors.*