

DAFTAR PUSTAKA

- ABS (2012) Australian health survey: First results, 2011–12. ABS cat. no. 4364.0.55.001. Canberra : Australian Bureau of Statistics.
- Almatsier, S. (2009). *Prinsip Dasar Ilmu Gizi*. Jakarta: PT. Gramedia Pustaka Utama.
- Alyssa Marie M. Antonio, P. F. (2015). Menthol cigarette smoking and obesity in young adult daily smokers in Hawaii. *Preventive Medicine Reports*, 946-952.
- Antonio, A. M. M., Fagan, P., Hamamura, F. D., Lagua, I. J. N., Liu, J., Park, D. J., ... & Sy, A. (2015). Menthol cigarette smoking and obesity in young adult daily smokers in Hawaii. *Preventive medicine reports*, 2, 946-952.
- ASH Scotland (2012). Cigarette smoking and body mass index (BMI)
- Astrup, A., Buemann, B., Flint, A., & Raben, A. (2002, May). Low-fat diets and energy balance: how does the evidence stand in 2002?. In *PROCEEDINGS-NUTRITION SOCIETY OF LONDON* (Vol. 61, No. 2, pp. 299-309). CABI Publishing; 1999.
- Atmarita, A., Jahari, A. B., Sudikno, S., & Soekatri, M. (2017). ASUPAN GULA, GARAM, DAN LEMAK DI INDONESIA: Analisis Survei Konsumsi Makanan Individu (SKMI) 2014. *GIZI INDONESIA*, 39(1), 1-14.
- Batubara, Jose. R.L. et al., 2010. Buku Ajar Endokrinologi Anak Edisi I. Jakarta: Badan Penerbit IDAI
- Bleich, S. N., & Wolfson, J. A. (2014). Weight loss strategies: Association with consumption of sugary beverages, snacks and values about food purchases. *Patient education and counseling*, 96(1), 128-134.
- Chhabra, P., & Chhabra, S. K. (2011). Effect of smoking on body mass index: a community-based study. *Natl J Community Med*, 2, 325-30.
- Chang, H. H., & Nayga Jr, R. M. (2010). Childhood obesity and unhappiness: the influence of soft drinks and fast food consumption. *Journal of Happiness Studies*, 11(3), 261-275
- Chernoff, R. (2013). *Geriatric nutrition*. Jones & Bartlett publishers.

- Choo, J., Jeon, S., & Lee, J. (2014). Gender differences in health-related quality of life associated with abdominal obesity in a Korean population. *BMJ open*, 4(1), e003954.
- Coelho, D. F., Pereira-Lancha, L. O., Chaves, D. S., Diwan, D., Ferraz, R., Campos-Ferraz, P. L., ... & Lancha Junior, A. H. (2011). Effect of high-fat diets on body composition, lipid metabolism and insulin sensitivity, and the role of exercise on these parameters. *Brazilian Journal of Medical and Biological Research*, 44(10), 966-972.
- Dąbrowska, J., Dąbrowska-Galas, M., Naworska, B., Wodarska, M., & Plinta, R. (2015). The role of physical activity in preventing obesity in midlife women. *Prz Menopauzalny*, 14(1), 13-19.
- Darmono, S. S., & Anggraini, M. T. (2012). Hubungan Tingkat Konsumsi dan aktivitas fisik dengan IMT (Index Massa Tubuh). *Jurnal Kedokteran Muhammadiyah*, 1(3)
- Department of Health and Children, Health Service Executive (2009). The National Guidelines on Physical Activity for Ireland.
- Dhandevi, P. E. M., & Jeewon, R. (2015). Fruit and Vegetable Intake: Benefits and Progress of Nutrition Education Interventions-Narrative Review Article. *Iranian journal of public health*, 44(10), 1309.
- Diana, R., Yuliana, I., & Yasmin, G. (2013). Faktor Risiko Kegemukan Pada Wanita Dewasa Indonesia. *Jurnal Gizi dan Pangan*, 8(1), 1.
- Fentiana, Nina (2012). Asupan Lemak Sebagai Faktor Dominan Terjadinya Obesitas pada Remaja (16-18 tahun) di Indonesia Tahun 2010 (Data Riskesdas 2010)
- Fryar, C. D., Carroll, M. D., & Ogden, C. L. (2012). Prevalence of overweight, obesity, and extreme obesity among adults: United States, trends 1960–1962 through 2009–2010. *Hyattsville, MD: National Center for Health Statistics*.
- Guyton, A. C. (1961). Textbook of medical physiology. *Academic Medicine*, 36(5), 556.
- Health Promotion Board (2011). *National Physical Activity Guidelines: Professional Guide*
- Hwang, L. D., Cuellar-Partida, G., Ong, J. S., Breslin, P. A., Reed, D. R., MacGregor, S., ... & Rentería, M. E. (2016). Sweet Taste Perception is

- Associated with Body Mass Index at the Phenotypic and Genotypic Level. *Twin Research and Human Genetics*, 1-7.
- Kaiser, K. A., Brown, A. W., Brown, M. M. B., Shikany, J. M., Mattes, R. D., & Allison, D. B. (2014). Increased fruit and vegetable intake has no discernible effect on weight loss: a systematic review and meta-analysis. *The American journal of clinical nutrition*, 100(2), 567-576.
- Kementerian Kesehatan Republik Indonesia. Riset Kesehatan Dasar tahun 2007. Jakarta: Badan Penelitian dan Pengembangan Kesehatan, Kementerian Kesehatan; 2008.
- Kementerian Kesehatan, R. I. (2013). Riset Kesehatan Dasar (RISKESDAS) Tahun 2013. *Kemenkes RI, Jakarta*.
- Kotecha, P. V., Patel, S. V., Baxi, R. K., Mazumdar, V. S., Shobha, M., Mehta, K. G., ... & Ekta, M. (2013). Dietary pattern of schoolgoing adolescents in urban Baroda, India. *Journal of health, population, and nutrition*, 31(4), 490-496.
- Kusteviani, F. (2015). Factors Associated with Abdominal Obesity in the Productive Age in Surabaya. *Jurnal Berkala Epidemiologi*, 3(1), 45-56.
- Lampuré, A., Castetbon, K., Deglaire, A., Schlich, P., Péneau, S., Hercberg, S., & Méjean, C. (2016). Associations between liking for fat, sweet or salt and obesity risk in French adults: a prospective cohort study. *International Journal of Behavioral Nutrition and Physical Activity*, 13(1), 74.
- Lestari, P. R. T. (2015). Faktor Risiko Obesitas Pada Orang Dewasa Di Denpasar.
- Levi, J., Segal, L. M., Rayburn, J., & Martin, A. (2015). *State of Obesity: Better Policies for a Healthier America: 2015*. Trust for America's Health
- Liu, R. H. (2013). Health-promoting components of fruits and vegetables in the diet. *Advances in Nutrition: An International Review Journal*, 4(3), 384S-392S.
- López-Sobaler, A. M., Rodríguez-Rodríguez, E., Aranceta-Bartrina, J., Gil, Á., González-Gross, M., Serra-Majem, L., ... & Ortega, R. M. (2016). 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*, 11(12), e0169027.
- Low, J. Y., Lacy, K. E., McBride, R., & Keast, R. S. (2016). The Association between Sweet Taste Function, Anthropometry, and Dietary Intake in Adults. *Nutrients*, 8(4), 241.

- Ludwig, D. S., Peterson, K. E., & Gortmaker, S. L. (2001). Relation between consumption of sugar-sweetened drinks and childhood obesity: a prospective, observational analysis. *The Lancet*, 357(9255), 505-508.
- Malik, V. S., Pan, A., Willett, W. C., & Hu, F. B. (2013). Sugar-sweetened beverages and weight gain in children and adults: a systematic review and meta-analysis. *The American journal of clinical nutrition*, 98(4), 1084-1102.
- Mancini, A., Imperlini, E., Nigro, E., Montagnese, C., Daniele, A., Orrù, S., & Buono, P. (2015). Biological and nutritional properties of palm oil and palmitic acid: effects on health. *Molecules*, 20(9), 17339-17361.
- Manurung, N. K. (2009). *Pengaruh Karakteristik Remaja, Genetik, Pendapatan Keluarga, Pendidikan Ibu, Pola Makan dan Aktivitas Fisik Terhadap Kejadian Obesitas di SMURK Tri Sakti Medan 2008* (Master's thesis).
- Musaiger, A. O., Al-Roomi, K., & Bader, Z. (2014). Social, dietary and lifestyle factors associated with obesity among Bahraini adolescents. *Appetite*, 73, 197-204.
- Mytton, O. T., Nnoaham, K., Eyles, H., Scarborough, P., & Mhurchu, C. N. (2014). Systematic review and meta-analysis of the effect of increased vegetable and fruit consumption on body weight and energy intake. *BMC public health*, 14(1), 1.
- National Health and Medical Research Council. (2013). Clinical practice guidelines for the management of overweight and obesity in adults, adolescents and children in Australia.
- Pakseresht, M., Lang, R., Rittmueller, S., Roache, C., Sheehy, T., Batal, M., ... & Sharma, S. (2014). Food expenditure patterns in the Canadian Arctic show cause for concern for obesity and chronic disease. *Int J Behav Nutr Phys Act*, 11(1), 51.
- Parkes, A., Sweeting, H., & Wight, D. (2012). Growing Up in Scotland: Overweight, obesity and activity
- Palupi, M. P. (2017). *Faktor Risiko Obesitas Sentral pada orang Dewasa di Indonesia* (Doctoral dissertation, Bogor Agricultural University (IPB)).
- Pedoman Umum Pelaksanaan Kuliah Kerja Nyata Universitas Muhammadiyah Yogyakarta. (2016). LP3M Universitas Muhammadiyah Yogyakarta.
- Podojoyo, P., Hadi, H., & Huriyati, E. (2016). Pola konsumsi makanan di luar rumah sebagai faktor risiko terjadinya obesitas pada remaja SMP di Kota

- Palembang. *Jurnal Gizi Klinik Indonesia (The Indonesian Journal of Clinical Nutrition)*, 3(2), 47-56.
- Rautiainen, S., Wang, L., Lee, I. M., Manson, J. E., Buring, J. E., & Sesso, H. D. (2015). Higher intake of fruit, but not vegetables or fiber, at baseline is associated with lower risk of becoming overweight or obese in middle-aged and older women of normal BMI at baseline. *The Journal of nutrition*, 145(5), 960-968.
- Saputra, Yogy Dwi (2014). Hubungan Frekuensi Konsumsi Gorengan dengan Obesitas Sentral pada Wanita Usia 25 – 45 Tahun di Kelurahan Gedanganak Kecamatan Ungaran Timur Kabupaten Semarang.
- Schrauwen, P. (2007). High-fat diet, muscular lipotoxicity and insulin resistance. *Proceedings of the Nutrition Society*, 66(01), 33-41.
- Sjahrif, D. R. 2011. Obesitas Anak dan Remaja. In: Sjahrif, D. R., Lestari, E. R., Mexitalia, M., Nasar, S. S. Buku Ajar Nutrisi Pediatrik dan Penyakit Metabolik. Jakarta: Badan Penerbit IDAI, 230-241.
- Sohn, K. (2015). The effects of smoking on obesity: evidence from Indonesian panel data. *Tobacco induced diseases*, 13(1), 39.
- Swaab, D. F. (2007). Sexual differentiation of the brain and behavior. *Best practice & research clinical endocrinology & metabolism*, 21(3), 431-444.
- Swinburn, B. A., Sacks, G., Hall, K. D., McPherson, K., Finegood, D. T., Moodie, M. L., & Gortmaker, S. L. (2011). The global obesity pandemic: shaped by global drivers and local environments. *The Lancet*, 378(9793), 804-814.
- U.S. Department of Health and Human Services (2010). *A Report of the Surgeon General: How Tobacco Smoke Causes Diseases: What It Means to You*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promoting, Office on Smoking and Health.
- Wang, Y. (2002). Is obesity associated with early sexual maturation? A comparison of the association in American boys versus girls. *Pediatrics*, 110(5), 903-910.
- Widiantini, W., & Tafal, Z. (2014). Aktivitas Fisik, Stres, dan Obesitas pada Pegawai Negeri Sipil. *Kesmas: National Public Health Journal*, 325-329.

www.diabetes.org. (2015, August 13). Retrieved May 17, 2016, from American Diabetes Association: <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/fruits.html>

www.umy.ac.id. Diakses pada 19 April 2017

Yani, S., Syam, A., & Alharini, S. A. (2014). Hubungan Pengetahuan Gizi dan Pola Makan dengan Overweight dan Obesitas pada Mahasiswa Universitas Hasanuddin Angkatan 2013.

You, J., & Choo, J. (2016). Adolescent overweight and obesity: links to socioeconomic status and fruit and vegetable intakes. *International journal of environmental research and public health*, 13(3), 307.