

DAFTAR PUSTAKA

- Anshory, J. (2024). A multidimensional analysis of nutritional status, eating behavior, and nutrient intake among female students in the humid tropical rainforest region. *NUTRIZIONE*, 4(3), 1–10.
- Ayogu, R. N. B., Oshomegie, H., & Udentia, E. A. (2022). Energy intake, expenditure and balance, and factors associated with energy balance of young adults (20–39 years): A retrospective cross-sectional community-based cohort study. *BMC Nutrition*, 8, 142. <https://doi.org/10.1186/s40795-022-00628-2>
- Castañeda Quiliche, R. B., Turpo-Chaparro, J., Torres, J. H., Saintila, J., & Ruiz Mamani, P. G. (2021). Overweight and Obesity, Body Fat, Waist Circumference, and Anemia in Peruvian University Students: A Cross-Sectional Study. *Journal of nutrition and metabolism*, 2021, 5049037. <https://doi.org/10.1155/2021/5049037>
- Kemenkes. (2018). Riset Kesehatan Dasar tahun 2018. Jakarta: Kementerian Kesehatan Republik Indonesia
- Kemenkes. (2023). Suvei Kesehatan Indonesia dalam Angka. Jakarta: Kementerian Kesehatan Republik Indonesia
- Kuna, S. F., Solikhah, L. S., & Nurdiana. (2024). Asupan lemak, rasio lingkaran pinggang–tinggi badan dan aktivitas fisik dengan tekanan darah pada mahasiswa Universitas Widya Nusantara. *Jurnal Bahana Kesehatan Masyarakat*, 8(2), 111–118.
- Masrul. (2018). Epidemi obesitas dan dampaknya terhadap status kesehatan masyarakat. *Majalah Kedokteran Andalas*, 41(3), 152–162.
- Pangemanan, A. J., Amisi, M. D., & Malonda, N. S. H. (2021). Gambaran asupan zat gizi makro mahasiswa semester VI Fakultas Kesehatan Masyarakat UNSRAT saat pembatasan masa pandemi COVID-19. *Jurnal KESMAS*, 10(2), 123–132.
- Paramastuti, R., Rachma, Y. A., & Kamil, R. Z. (2025). The paradox of knowledge and practice: Nutritional status and diet quality among

Indonesian food and nutrition science students. *Journal of Applied Food Technology*.

Park, M. Y., & Chung, N. (2022). Changes in physical activity and energy intake according to abdominal obesity in Korean adult men before and after COVID-19: Data from 2019 and 2020 Korea National Health and Nutrition Examination Survey (KNHANES). *Physical activity and nutrition*, 26(3), 6–15. <https://doi.org/10.20463/pan.2022.0013>

Poetry, M. A., Nindya, T. S., & Buanasita, A. (2019). Perbedaan konsumsi energi dan zat gizi makro berdasarkan status gizi mahasiswa Fakultas Kesehatan Masyarakat Universitas Airlangga. *Media Gizi Indonesia*, 15(1), 52–55.

Qoirinnisa, A., Aly, S., Fitriyani, S., & Puspita Dewi, R. A. (2024). Hubungan pola makan dengan status gizi mahasiswa. *Indonesian Journal of Nutrition Science and Food*, 3(2), 32–37.

Rachman, H. M., Triyanti, T., Sartika, R. A. D., & Djokosujono, K. (2025). Determinants of abdominal obesity in adults (19–44 years old) in Riau Islands Province (Analysis of SKI 2023 data). *Indonesian Journal of Public Health Nutrition*, 6(1), 21–39. <https://doi.org/10.7454/ijphn.v6i1.1069>

Serly, V., Sofian, A., & Ernalia, Y. (2015). Hubungan body image, asupan energi dan aktivitas fisik dengan status gizi pada mahasiswa Fakultas Kedokteran Universitas Riau. *Jurnal Online Mahasiswa Fakultas Kedokteran Universitas Riau*.

World Health Organization. (2011). Waist circumference and waist-hip ratio: Report of a WHO expert consultation. Geneva: World Health Organization.

World Health Organization. (2020). Healthy diet. Geneva: World Health Organization.

World Health Organization. (2021). Obesity and overweight. WHO Fact Sheet