

DAFTAR PUSTAKA

Alah, M. A. *et al.* (2021) 'Impact of staying at home measures during COVID-19 pandemic on the lifestyle of Qatar's population: Perceived changes in diet, physical activity, and body weight', *Preventive Medicine Reports*, 24, p. 101545.

ALdeen, L. D. and Ibrahim, B. F. (2014) 'Knowledge and practice of dietary habits and healthy lifestyle in a sample of medical and non medical college students in Baghdad', *Middle East Journal of Family Medicine*, 12(3).

Ammar, A. *et al.* (2020) 'Effects of COVID-19 home confinement on physical activity and eating behaviour Preliminary results of the ECLB-COVID19 international online-survey', *MedRxiv*.

Busque, A. *et al.* (2017) 'Lifestyle and health Habits of a canadian university community', *Journal of Physical Activity Research*, 2(2), pp. 107–111.

Centers For Disease Control and Prevention (CDC) (2021) *Defining Adult Overweight & Obesity / Overweight & Obesity / CDC*. Available at: <https://www.cdc.gov/obesity/adult/defining.html> (Accessed: 21 January 2022).

John, E. (2015) *Guyton and Hall Textbook of Medical Physiology 12th Edition*. 12th edn. Saunders.

KEMENDIKBUD RI (2020) *SURAT EDARAN MENDIKBUD NO 4 TAHUN 2020 TENTANG PELAKSANAAN KEBIJAKAN PENDIDIKAN DALAM MASADARURAT PENYEBARAN CORONA VIRUS DISEASE (COVID- 1 9) – Pusat Pendidikan dan Pelatihan Pegawai Kemendikbudristek*. Available at: <https://pusdiklat.kemdikbud.go.id/surat-edaran-mendikbud-no-4-tahun-2020-tentang-pelaksanaan-kebijakan-pendidikan-dalam-masa-darurat-penyebaran-corona-virus-disease-covid-1-9/> (Accessed: 9 January 2022).

KEMENKES RI (2013) *Riset Kesehatan Dasar (RISKESDAS) 2013*. Available at: http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2013/Laporan_riskesdas_2013_final.pdf (Accessed: 11 January 2022).

KEMENKES RI (2014) *PERATURAN MENTERI KESEHATAN REPUBLIK*

INDONESIA NOMOR 41 TAHUN 2014 TENTANG PEDOMAN GIZI

SEIMBANG. Available at:

[http://hukor.kemkes.go.id/uploads/produk_hukum/PMK No. 41 ttg Pedoman Gizi Seimbang.pdf](http://hukor.kemkes.go.id/uploads/produk_hukum/PMK_No._41_ttg_Pedoman_Gizi_Seimbang.pdf) (Accessed: 15 January 2022).

KEMENKES RI (2017a) *Ayo Bergerak, Lawan Obesitas!* Available at:

http://p2ptm.kemkes.go.id/uploads/N2VaaXIxzGZwWFpEL1VIRFdQQ3ZRZz09/2017/11/Ayo_Bergerak.pdf (Accessed: 15 January 2022).

KEMENKES RI (2017b) *Panduan Pelaksanaan Gerakan Nusantara Tekan Angka Obesitas (GENTAS)*. Available at:

http://p2ptm.kemkes.go.id/uploads/N2VaaXIxzGZwWFpEL1VIRFdQQ3ZRZz09/2017/11/Pedoman_Umum_Gentas_Gerakan_berantas_obesitas.pdf (Accessed: 15 January 2022).

KEMENKES RI (2018) *Manfaat aktivitas fisik - Direktorat P2PTM*. Available at:

<http://p2ptm.kemkes.go.id/infographic-p2ptm/hipertensi/manfaat-aktivitas-fisik> (Accessed: 16 January 2022).

KEMENKES RI (2019) *Riset Kesehatan Dasar (RISKESDAS) 2018*. Available at:

http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf (Accessed: 11 January 2022).

KEMENKES RI (2020b) 'PERATURAN MENTERI KESEHATAN REPUBLIK INDONESIA'.

Mason, T. B., Barrington-Trimis, J. and Leventhal, A. M. (2021) 'Eating to cope with the COVID-19 pandemic and body weight change in young adults', *Journal of Adolescent Health*, 68(2), pp. 277–283.

National Institute of Diabetes and Digestive and Kidney Diseases (2018) *Factors Affecting Weight & Health*. Available at: <https://www.niddk.nih.gov/health-information/weight-management/adult-overweight-obesity/factors-affecting-weight-health> (Accessed: 21 January 2022).

Notoatmodjo, S. (2012) 'Metodologi penelitian kesehatan'.

Nugroho, K., Mulyadi, N. and Masi, G. N. M. (2016) 'Hubungan Aktivitas Fisik Dan Pola Makan Dengan Perubahan Indeks Massa Tubuh Pada Mahasiswa

Semester 2 Programstudi Ilmu Keperawatan Fakultas Kedokteran', *Jurnal Keperawatan*, 4(2).

Pemerintahan Provinsi Sulawesi Selatan (2020) *Sulsel Tanggap COVID-19*. Available at: <https://covid19.sulselprov.go.id/> (Accessed: 9 January 2022).

Pemerintahan Republik Indonesia (2020) *Beranda / Covid19.go.id*. Available at: <https://covid19.go.id/> (Accessed: 9 January 2022).

World Health Organization (2017) *Noncommunicable diseases: Risk factors*. Available at: <https://www.who.int/data/gho/data/themes/topics/topic-details/GHO/ncd-risk-factors> (Accessed: 11 January 2022).

World Health Organization (2020b) *WHO director-general's opening remarks at the media briefing on COVID-19 - 11 March 2020*.

Chen G-D, Huang C-N, Yang Y-S, Lew- Ting C-Y. (2014). Patient perception of understanding health education and instructions has moderating effect on glycemc control. *BMC Public Health*. 2014;14:683. doi:10.1186/1471- 2458-14-683.

Daivadanam M, Absetz P, Sathish T, et al.(2013). Lifestyle change in Kerala, India: needs assessment and planning for a community- based diabetes prevention trial. *BMC Public Health* ;13:95. doi:10.1186/1471-2458-13-95.