

## DAFTAR PUSTAKA

- Adliah, F., & Mustari, Y. (2023). Hubungan Aktivitas Fisik dan Waktu Paparan Layar dengan Kualitas Hidup Terkait Kesehatan pada Mahasiswa Rumpun Ilmu Kesehatan. *Jurnal Fisioterapi dan Rehabilitasi*, 7(2), 149-163.
- AIMI. (2021). *Bahaya Terselubung dari Makanan Ultra Proses-FINAL.pdf*.
- Ali, A., Khasbullah, N. A., Ahmad, F. T. & Yusof, H. M. Ultra-processed Food Consumption in Relation to BMI and Body Fat Percentage of Adults in Terengganu. *Malaysian Journal of Medicine and Health Sciences* 16, 37–43 (2020).
- Andarwulan, N. et al. Food Consumption Pattern and The Intake of Sugar, Salt, And Fat in the South Jakarta City—Indonesia. *Nutrients* 13, 1–19 (2021).
- Annahar, C.N. and Hendrati, L.Y., 2022. Faktor yang berhubungan dengan depresi pada remaja overweight-obesitas di Kabupaten Jombang. *Jurnal Ilmu Kesehatan Masyarakat*, 18(2), pp.63-71.
- Aryani, W. (2023). *HIPERLIPIDEMI, HIPERGLIKEMI, DAN HIPERTENSI SEBAGAI FAKTOR PREDIKTOR PENYAKIT JANTUNG KORONER Studi Observasi Analitik pada Pasien Obesitas Sentral di Rumah Sakit Bhayangkara Prof. Awaluddin Djamin Semarang Jawa Tengah* (Doctoral dissertation, Universitas Islam Sultan Agung Semarang).
- Cordova, R., Viallon, V., Fontvieille, E., Peruchet-Noray, L., Jansana, A., Wagner, K. H., ... & Freisling, H. (2023). Consumption of ultra-processed foods and risk of multimorbidity of cancer and cardiometabolic diseases: a multinational cohort study. *The Lancet Regional Health–Europe*, 35.
- Canhada, S. L., Luft, V. C., Giatti, L., Duncan, B. B., Chor, D., Fonseca, M. J. M. D., Matos, S. M. A., Molina, M. D. C. B., Barreto, S. M., Levy, R. B., & Schmidt, M. I. (2020). Ultra-processed foods, incident overweight and obesity, and longitudinal changes in weight and waist circumference: the Brazilian Longitudinal Study of Adult Health (ELSA-Brasil). *Public health nutrition*, 23(6), 1076–1086. <https://doi.org/10.1017/S1368980019002854>
- Carballo-Fazanes, A. Et Al. (2020). Physical Activity Habits And Determinants , Sedentary Behaviour And George Washington University, Washington, DC, USA. *International Journal Of Behavioral Nutrition And Physical Activity*, (<https://doi.org/10.1186/s12966-020-01042-2>).
- Chang Z, Mao C. 2024. Examining the relationship between ultra-processed food consumption and obesity: A comprehensive review. *Theoretical and Natural Science*. 63:1-8. <https://doi.org/10.54254/2753-8818/63/20241532>
- Charlton, K. E. Food Security, Food Systems and Food Sovereignty in the 21st Century: A New Paradigm Required to Meet Sustainable Development Goals. *Nutr. Diet*. 73, 3–12 (2016).
- Chen, X., Zhang, Z., Yang, H., Qiu, P., Wang, H., Wang, F., Zhao, Q., Fang, J., & Nie, J. (2020). Consumption of ultra-processed foods and health outcomes: A systematic review of epidemiological studies. *Nutrition Journal*, 19(1), 1–10.
- Colozza, D. A qualitative exploration of ultraprocessed foods consumption and eating out behaviours in an Indonesian urban food environment. *Nutr Health* (2022). <https://doi.org/10.1177/02601060221133897>.

- Contreras-Rodriguez, O., Solanas, M., & Escorihuela, R. M. (2022). Dissecting ultra-processed foods and drinks: Do they have a potential to impact the brain?. *Reviews in endocrine & metabolic disorders*, 23(4), 697–717. <https://doi.org/10.1007/s11154-022-09711-2>
- Cunha DB, Da Costa THM, Da Veiga GV, Pereira RA, Sichieri R. Ultraprocessed Food Consumption and Adiposity Trajectories in a Brazilian Cohort of Adolescents: ELANA study. *Nutr Diabetes*. 2018;8(1). <https://doi.org/10.1038/s41387-018-0043-z>
- Dare S, Mackay DF, and Pell JP. Relationship between Smoking and Obesity: A Cross-Sectional Study of 499,504 Middle-Aged Adults in The UK General Population. *PLoS ONE*.2015; 10( 4 ) : e 0 1 2 3 5 7 9 . d o i : 1 0 . 1 3 7 1 /journal.pone.0123579.
- Davidson, S.M., Tampubolon, R., & Situmorang, A.R. (2024). POLA MAKAN DAN AKTIVITAS FISIK MAHASISWA FAKULTAS KEDOKTERAN DAN ILMU KESEHATAN UNIVERSITAS KRISTEN SATYA WACANA SELAMA PANDEMI COVID-19. *Darussalam Nutrition Journal*
- Deolalikar S, Oberoi A, Singh R, Singh RK. Descriptive study of physical activity and sitting time among medical students from North India. *Natl J Physiol Pharm Pharmacol* 2023;13(02):404-408.
- Diana R, Indah Y.Ghaida Y.Hardinsyah. Faktor Risiko Kegemukan Pada Wanita Dewasa Indonesia. 2013. *Jurnal Gizi dan Pangan, Maret 2013, 8(1): 1—8, ISSN 1978 – 1059*. Bogor : Departemen Gizi Masyarakat, Fakultas Ekologi Manusia (FEMA), Institut Pertanian Bogor.
- Diani, Y. H. (2018). Faktor-Faktor yang Berhubungan dengan Obesitas pada Mahasiswa Fakultas Kedokteran Universitas Kristen Indonesia. *Jurnal Ilmiah WIDYA*, 5(1), 1-5.
- Dinu, M., & Martini, D. (2023). Ultra-Processed Foods, Diet Quality and Human Health. *Nutrients*, 15(13), 2890. <https://doi.org/10.3390/nu15132890>
- Dzakya Azzahra, H., Elsa Fitri, Z., & Arumsari, I. The Relationship between Ultra-Processed Food (UPF) Consumption, Sedentary Behavior, and Overweight Status among Students at SMAN 1 Tangerang, Banten, Indonesia. *Indonesian Journal of Public Health Nutrition (IJPHN)*, 5(2), 5.
- Etika, A. N., Agnes, Y. L. N., Yunalia, E. M., & Prayogi, I. S. (2024). Perilaku Sedentary pada Remaja Akhir Berdasarkan Banyaknya Akun Media Sosial yang Dimiliki. *Holistic Nursing and Health Science*, 6(2), 76-85.
- Enes CC, de Camargo CM, Justino MIC. Ultra-Processed Food Consumption and Obesity in Adolescents. *Revista de Nutricao*. 2019;32. <https://doi.org/10.1590/1678-9865201932E180170>
- Evan, E., Wiyono, J. and Candrawati, E., 2017. Hubungan antara pola makan dengan kejadian obesitas pada mahasiswa di Universitas Tribhuwana Tungadewi Malang. *Nursing News: Jurnal Ilmiah Keperawatan*, 2(3).
- Fadila, J. (2022). *Hubungan Konsumsi Ultra Processed Food Terhadap Kejadian Berat Badan Lebih Pada Remaja di SMPN 3 Makassar= Relationship of Ultra Processed Food With The Incidence of Overweight in Adolescents SMPN 3 Makassar* (Doctoral dissertation, Universitas Hasanuddin).
- Fauziyah, H., Diana, F. M., & Femelia, W. (2022). Hubungan Konsumsi Ultraprocessed Food, Kebiasaan Tidur, dan Praktik Pemesanan Makanan Online dengan Obesitas pada Orang Dewasa. *Jurnal Gizi Masyarakat Indonesia (The Journal of Indonesian Community Nutrition)*, 11(2).

- Faza, F., Febria Bafani, U. F., & Fikha, I. I. (2023). Ultra-Processed Food can be a Mediator Between Food Security Status and Overweight or Obesity among Adults: A Literature Review. *Amerta Nutrition*, 7(1).
- Fitri, U., Arumsari, I., & Ningtyas, L.N. (2024). PRECEDE-PROCEED MODEL DALAM MENENTUKAN POLA KONSUMSI ULTRA-PROCESSED FOOD PADA MAHASISWA. *ARGIPA (Arsip Gizi dan Pangan)*.
- Freska, N.W. and Kep, M., 2023. *Advokasi Kesehatan Mental*. CV. Mitra Edukasi Negeri.
- Global Food Research Program. (2021). Ultra-Processed Foods and Obesity: What Does the Science Say? [Fact Sheet]. University of North Carolina at Chapel Hill. Retrieved from: [https://globalfoodresearchprogram.org/wp-content/uploads/2021/04/UPF\\_ultra-processed\\_food\\_fact\\_sheet.pdf](https://globalfoodresearchprogram.org/wp-content/uploads/2021/04/UPF_ultra-processed_food_fact_sheet.pdf)
- Gonzalez Ramirez, G., & Bolaños Muñoz, L. (2023). Relationship of sedentary lifestyle with obesity and comorbidities. In *Physical Activity and bariatric surgery* (pp. 3-16). Cham: Springer International Publishing.
- Gunawan SW, Gunawan YS. Psikologi Perkembangan Anak dan Remaja. Jakarta: PT.BPK Gunung Mulia;2008.203-204
- Hafiza, D., 2020. Hubungan kebiasaan makan dengan status gizi pada remaja SMP YLPI Pekanbaru. *Jurnal Medika Utama*, 2(01 Oktober), pp.332-342.
- Hanafi, S. (2019) 'Hubungan Aktivitas Fisik dan Konsumsi Fast Food dengan Kejadian Obesitas Pada Remaja', *Kampurui Jurnal Kesehatan Masyarakat (The Journal of Public Health)*, 1(1), pp. 6–10. Available at: <https://doi.org/10.55340/kjkm.v1i1.49>.
- Hanifa, R. A., Arini, F. A. and Wahyuningsih, U. (2024) "Night Eating Syndrome, Ultra-processed Foods Consumption, and Physical Activity as Risk Factors for Overnutrition in Students of Faculty of Health Science UPN "Veteran" Jakarta: Sindrom Makan Malam, Konsumsi Ultra-processed Foods, dan Aktivitas Fisik sebagai Faktor Risiko Gizi Lebih pada Mahasiswa Fakultas Ilmu Kesehatan UPN "Veteran" Jakarta", *Amerta Nutrition*, 8(3SP), pp. 43–50. doi: 10.20473/amnt.v8i3SP.2024.43-50.
- Hartini, H. (2017). Perkembangan fisik dan body image remaja. *Islamic Counseling: Jurnal Bimbingan Konseling Islam*, 1(2), 27-54.
- Haris, H. M. Strategi Coping Stress Pada Mahasiswa Akhir Dalam Menghadapi Quarter Life Crisis. (2023).
- Herdiani, N., Ibad, M. and Wikurendra, E.A., 2021. Pengaruh Aktivitas Fisik Dan Obesitas Dengan Kejadian Hipertensi Pada Lansia Di Puskesmas Klampis Ngasem Kota Surabaya. *An-Nadaa: Jurnal Kesehatan Masyarakat (e-Journal)*, 8(2), pp.114-120.
- Hidayah, N., Ratnasari, D., Setyaningrum, Y. and Widyawati, I., 2022. Agar-agar Jeruk Nipis Terhadap Obesitas Sentral Ibu rumah Tangga Dukuh Tapen Ngrandu Geyer Grobogan. *Indonesia Jurnal Perawat*, 7(1), pp.1-13.
- Ibrahim, B.I. dan Kustiningsih (2018) 'Hubungan Aktivitas Fisik Dengan Kejadian Obesitas Pada Remaja Di Sman 1 Gamping Sleman Yogyakarta Naskah', Naskah Publikasi, (1), pp. 37–49.
- Irdianty, M.S. dan Sani F.N. 2018. Perbedaan Aktivitas Fisik Dan Konsumsi Camilan Pada Remaja Obesitas Di Kabupaten Bantul. *Jurnal Kesehatan Kusuma Husada* pp.91–97.

- Iriandi, A. M., Irawan, D. S. & Rahim, A. F. Hubungan antara Physical Activity dan Tebal Lemak Subkutaneus pada Mahasiswi dengan Berat Badan Lebih (Overweight) dan Obesitas. 5, 3138–3148 (2024). <https://doi.org/10.31004/jkt.v5i2.27959>
- Jakicic, J. M., Rogers, R. J., Davis, K. K., & Collins, K. A. (2018). Role of physical activity and exercise in treating patients with overweight and obesity. *Clinical Chemistry*, 64(1), 99–107. <https://doi.org/10.1373/clinchem.2017.272443>
- Jimenez-Pavon D dkk. Physical Activity, Fitness, and Fatness in Children and Adolescents. Dalam: Moreno LA, Pigeot I, Ahrens W, Editor. *Epidemiology of Obesity in Children and Adolescents: Prevalence and Etiology*. New York: Springer; 2011. 347
- Julia, C., Kesse-Guyot, E., Touvier, M., Mejean, C., Fezeu, L.K., Hercberg, S., & Monteiro, C.A. (2018). Consumption of ultra-processed foods and weight gain: A prospective cohort study of French adults. *Nutrition*, 10(4), 512–520. <https://doi.org/10.1016/j.clnu.2017.12.012> (*Studi EPIC–NutriNet–Santé*)
- Khomsan, A. 2006. Pengantar Pangan dan Gizi. Cetakan -1. Jakarta : Penerbit Penebar Swadaya.
- Lestari, P.Y., Tambunan, L.N. and Lestari, R.M., 2022. Hubungan Pengetahuan tentang Gizi terhadap Status Gizi Remaja: Relationship of Nutritional Knowledge to Nutritional Status Teenage. *Jurnal Surya Medika (JSM)*, 8(1), pp.65-69.
- Liana, A.E., Soharno, dan Panjaitan A.A. 2018. Hubungan Antara Pengetahuan Tentang Gizi Seimbang Dengan Indeks Masa Tubuh Pada Mahasiswa. *Jurnal Kebidanan* 7(2). pp. 132–139.
- Liando, L. E., Amisi, M. D. and Sanggelorang, Y. (2021) “Gambaran Aktivitas Fisik Mahasiswa Semester IV Fakultas Kesehatan Masyarakat Unsrat Saat Pembatasan Sosial Masa Pandemi Covid-19,” *Jurnal Kesehatan Masyarakat*, 10(1), pp. 118–128.
- Louzada MLDC et al., 2018. Consumption of ultra processed foods predicts mortality risk: Results from a cohort study based on a large sample followed over 10 years. *BMC Medicine*, 16(1), art. no.: 123.
- Marino, M. et al. A systematic review of worldwide consumption of ultra-processed foods: Findings and criticisms. *Nutrients* 13, (2021). <https://doi.org/10.3390/nu13082778>.
- Marino, M., Puppo, F., Del Bo', C., Vinelli, V., Riso, P., Porrini, M., & Martini, D. (2021). A Systematic Review of Worldwide Consumption of Ultra-Processed Foods: Findings and Criticisms. *Nutrients*, 13(8), 2778. <https://doi.org/10.3390/nu13082778>
- Marrón-Ponce, J. A., Sánchez-Pimienta, T. G., Da Costa Louzada, M. L., & Batis, C. (2018). Energy contribution of NOVA food groups and sociodemographic determinants of ultra-processed food consumption in the Mexican population. *Public Health Nutrition*, 21(1), 87–93. <https://doi.org/10.1017/S1368980017002129>
- Martini, D., Godos, J., Bonaccio, M., Vitaglione, P., & Grosso, G. (2021). Ultra-Processed Foods and Nutritional Dietary Profile: A Meta-Analysis of Nationally Representative Samples. *Nutrients*, 13(10), 3390. <https://doi.org/10.3390/nu13103390>

- Mendonc, R. D. D. et al. Ultraprocessed Food Consumption and Risk of Overweight and Obesity: The University of Navarra Follow-Up (SUN) Cohort study. *Am J Clin Nutr* 104, 1433– 1440 (2016).
- Monteiro CA et al., 2019. Ultra Processed Foods and Obesity Risk in Brazil: A Cross-sectional Study of the Brazilian Longitudinal Study of Adult Health Cohort. *BMJ Open Diabetes Research & Care*, 7(1), e000654.
- Monteiro, C. A., Cannon, G., Levy, R. B., Moubarac, J. C., Louzada, M. L. C., Rauber, F., Khandpur, N., Cediel, G., Neri, D., Martinez-Steele, E., Baraldi, L. G., & Jaime, P. C. (2019). Ultra-processed foods: What they are and how to identify them. *Public Health Nutrition*, 22(5), 936–941. <https://doi.org/10.1017/S1368980018003762>
- Monteiro, C. A., Cannon, G., Moubarac, J. C., Levy, R. B., Louzada, M. L. C., & Jaime, P. C. (2018). The UN Decade of Nutrition, the NOVA food classification and the trouble with ultra-processing. *Public health nutrition*, 21(1), 5–17. <https://doi.org/10.1017/S1368980017000234>
- Monteiro, C. A., Moubarac, J. C., Levy, R. B., Canella, D. S., Louzada, M. L. D. C., & Cannon, G. (2018). Household availability of ultra-processed foods and obesity in nineteen European countries. *Public health nutrition*, 21(1), 18–26. <https://doi.org/10.1017/S1368980017001379>
- Multazami, L. P. (2022). Hubungan stres, pola makan, dan aktivitas fisik dengan status gizi mahasiswa. *Nutrizione: Nutrition Research And Development Journal*, 2(1), 1-9.
- Mutawakillah, H., Sari, R., Afiva, N., Thahara, A., Nurchalizah, R., Rosidati, C., & Yustiyani, Y. (2025). Hubungan antara Konsumsi Ultra-Processed Food dengan Status Gizi: Studi Potong Lintang pada Mahasiswa Kesehatan Masyarakat UIN Jakarta.
- Nardocci, M., Polsky, J. Y., & Moubarac, J. C. (2021). Consumption of ultra-processed foods is associated with obesity, diabetes and hypertension in Canadian adults. *Canadian Journal of Public Health*, 112(3), 421–429. <https://doi.org/10.17269/s41997-020-00429-9>
- Neri, D., Steele, E. M., Khandpur, N., Cediel, G., Zapata, M. E., Rauber, F., . . . Human, H. (2022). Ultraprocessed food consumption and dietary nutrient profiles associated with obesity: A multicountry study of children and adolescents. *Obes Rev*, 23 Suppl 1, e13387. doi:10.1111/obr.13387
- Noll, P.R.e.S., Noll, M., de Abreu, L.C. et al. Ultra-processed food consumption by Brazilian adolescents in cafeterias and school meals. *Sci Rep* 9, 7162 (2019). <https://doi.org/10.1038/s41598-019-43611-x>
- Notoadmojo. 2006. Pendidikan dan Perilaku Kesehatan. Jakarta : Rineka Cipta.
- Nugroho, Y.W. dan Handono, N.P. 2020. Jenis Kelamin Dan Umur Berisiko Terhadap Obesitas Pada Remaja. An-Nadaa: Jurnal Kesehatan Masyarakat 7(2). pp.110–114
- Nurkhopipah, A. (2017). Hubungan Kebiasaan Makan, Aktivitas Fisik dan Indeks Massa Tubuh (IMT) Mahasiswa S-1 Universitas Sebelas Maret Surakarta. *Jurnal Kesehatan Kusuma Husada*, 19–25
- Oddo VM, Maehara M, Rah JH. Overweight in Indonesia: an observational study of trends and risk factors among adults and children. *BMJ open*. 2019 Sep 1;9(9):e031198

- OECD (2019), *The Heavy Burden of Obesity: The Economics of Prevention*, OECD Health Policy Studies, OECD Publishing, Paris, <https://doi.org/10.1787/67450d67-en>.
- OECD, (2023). *Sobrepeso e obesidade em adultos*. doi: 10.1787/fea0af3c-pt
- Pan A et al., 2018. Systematic Review of the Relationship Between Ultra Processed Food Intake and Body Weight Outcomes. *Nutrients*, 10(11), pii:E1836.
- Pembahasan
- Pertiwi, A. and Nadhiroh, S.R., 2023. HUBUNGAN TINGKAT ADIKSI MEDIA SOSIAL DAN AKTIVITAS FISIK DENGAN STATUS GIZI PADA MAHASISWA UNIVERSITAS AIRLANGGA. *Healthy Tadulako Journal (Jurnal Kesehatan Tadulako)*, 9(2), pp.176-182.
- Poti, J. M., Braga, B., & Qin, B. (2017). Ultra-processed Food Intake and Obesity: What Really Matters for Health-Processing or Nutrient Content?. *Current obesity reports*, 6(4), 420–431. <https://doi.org/10.1007/s13679-017-0285-4>
- Pratiwi, A. A., Chandra, D. N. & Khusun, H. Association of Ultra Processed Food Consumption and Body Mass Index for Age among Elementary Students in Surabaya. *Amerta Nutrition* 6, 140– 147 (2022). <https://doi.org/10.20473/amnt.v6i2.2022.140-147>.
- Pratiwi, S., 2020. Hubungan Indeks Massa Tubuh (Imt) Dengan Kadar Gula Darah Puasa Pada Penderita Diabetes Melitus Tipe Ii Di Wilayah Kerja Unit Pelayanan Teknis Daerah (Uptd) Puskesmas Idinas Kesehatan Kecamatan Denpasar Barat. *Jurnal Medika: Karya Ilmiah Kesehatan*, 5(2).
- Prima, T.A., Andayani, H. and Abdullah, M.N., 2018. Hubungan konsumsi junk food dan aktivitas fisik terhadap obesitas remaja di Banda Aceh. *Jurnal Ilmiah Mahasiswa Kedokteran Biomedis*, 3(1).
- Purwati, P., Elinur, E., & Agustin, H. (2023). Faktor - Faktor yang Mempengaruhi Kualitas Konsumsi Pangan Rumah Tangga Penerima Program Pekarangan Pangan Lestari (P2L) Kota Pekanbaru Provinsi Riau. *JIA (Jurnal Ilmiah Agribisnis) : Jurnal Agribisnis dan Ilmu Sosial Ekonomi Pertanian*.
- Puspitasari, N. (2018) 'Kejadian Obesitas Sentral pada Usia Dewasa', *HIGEIA (Journal of Public Health Research and Development)*, 2(2), pp. 249–259. Available at: <https://doi.org/10.15294/higeia.v2i2.21112>
- Putri, H. R., Setyaningsih, A., & Nurzihan, N. C. (2023). Hubungan Aktivitas Sedentari Dan Konsumsi Ultra-Processed Foods Dengan Status Gizi Mahasiswa Universitas Kusuma Husada Surakarta. *Jurnal Gizi dan Pangan Soedirman*, 7(1), 49-61.
- Putri, H.R., Setyaningsih, A., & Nurzihan, N.C. (2023). HUBUNGAN AKTIVITAS SEDENTARI DAN KONSUMSI ULTRA-PROCESSED FOODS DENGAN STATUS GIZI MAHASISWA UNIVERSITAS KUSUMA HUSADA SURAKARTA. *Jurnal Gizi dan Pangan Soedirman*.
- Qiu, C., & Hou, M. (2020). Association between Food Preferences, Eating Behaviors and Socio-Demographic Factors, Physical Activity among Children and Adolescents: A Cross-Sectional Study. *Nutrients*, 12(3), 640.
- Rahadian, F. A., Wahyuningsih, U., & Simanungkalit, S. F. (2024). Factors Associated with the Incidence of Obesity among College Students at Fakultas Ilmu Kesehatan Universitas Pembangunan Nasional" Veteran" Jakarta. *Amerta Nutrition*, 8.
- Rahman, D., Padli, P., Edmizal, E., Haryanto, J., & Tika, D. Y. (2023). Aktifitas fisik mahasiswa pada masa new normal. *Jurnal Patriot*, 5(1), 75-82.

- Rahmawati, W. A., Arumsari, I., & Fitria. (2023). Karakteristik lingkungan obesogenik dalam menentukan konsumsi western fast food pada remaja urban di Kota Bekasi, Indonesia. *Jurnal Pangan Kesehatan dan Gizi*, 3(2), 1-11.
- Ramdhana, D. (2023). *Hubungan Pola Konsumsi Junk Food dan Ultra Processed Food dengan Kadar Hemoglobin pada Remaja Putri di SMAN 22 Makassar= The Relationship between Junk Food and UPF Consumption with Hemoglobin Levels Among Adolescent Girls at SMAN 22 Makassar* (Doctoral dissertation, Universitas Hasanuddin).
- Rayipratiwi, I. S., Rahayu, L. S., & Fitria. (2022). Hubungan antara pengetahuan dan perilaku gizi seimbang dengan status gizi pada remaja di wilayah Kabupaten Tangerang. *ARGIPA (Arsip Gizi Dan Pangan)*, 7(2), 154–161.
- RISAL, A., Khusna, K. and Pambudi, R.S., 2021. *Gambaran Interaksi Obat Hipoglikemia Oral (OHO) dengan Obat Lain pada Pasien Diabetes Mellitus Tipe-II di Puskesmas Sangkrah* (Doctoral dissertation, Universitas Sahid Surakarta).
- Riskawati, Y. K., Savitri, K. A., Ramdani, P. R., & Mufid, A. F. (2020). Hubungan tingkat aktivitas fisik dengan indeks massa tubuh mahasiswa Program Studi Sarjana Kedokteran Fakultas Kedokteran Universitas Brawijaya. *Majalah Kesehatan*, 7(4), 231-238.
- Rukmana, E., Permatasari, T., & Emilia, E. (2021). The Association Between Physical Activity with Nutritional Status of Adolescents During the COVID-19 Pandemic in Medan City. *Jurnal Dunia Gizi*, 3 (2): 88–93.
- Rusfianti, A., Widyaningsih, V., & Hikmayani, N. H. (2024). MODEL VIDEO PENDIDIKAN GIZI GUNA MENINGKATKAN PEMAHAMAN TERKAIT KONSUMSI PRODUK ULTRA-PROCESSED FOOD PADA REMAJA. *Media Penelitian dan Pengembangan Kesehatan*, 34(3), 585-598.
- Safitri, A., Puwanti, R., Afifah, D. N., & Noer, E. R. (2022). Konsumsi Ultra-Processed Food Dengan Rasio Triglyceride/Hdl-Cholesterol Pada Dewasa Selama Pandemi Covid-19. *TEMU ILMIAH NASIONAL PERSAGI*, 4, 119-130.
- Sediaoetama, Ahmad Djaeni. 2006. Ilmu Gizi. Jilid 1. Cetakan keenam. Dian Rakyat: Jakarta.
- Sembiring, B.A., Rosdewi, N.N. and Yuningrum, H., 2022, January. Hubungan aktivitas fisik dengan kejadian obesitas pada remaja di SMA Swasta Cerdas Bangsa, kecamatan Deli Tua, kabupaten Deli Serdang, Medan. In *Jurnal Formil (Forum Ilmiah) Kesmas Respati* (Vol. 7, No. 1, pp. 87-95).
- Septiani R, Raharjo B. (2017). "Pola Konsumsi *Fast Food*, Aktivitas Fisik dan Faktor Keturunan Terhadap Kejadian Obesitas (Studi Kasus pada Siswa SD Negeri 01 Tonjong Kecamatan Tonjong Kabupaten Brebes)". *Public Health Perspective Journal 2* (3) : 262 – 269.
- Serly, V., Sofian, A., & Ernalina, Y. (2015). *Hubungan body image, asupan energi dan aktivitas fisik dengan status gizi pada mahasiswa Fakultas Kedokteran Universitas Riau angkatan 2014* (Doctoral dissertation, Riau University).
- Setyaningsih, A., Mulyasari, I., Afiatna, P., & Putri, H. R. (2024). The Relationship between Ultra-Processed Food Consumption with Diet Quality and Overweight Status in Young Adults. *Amerta Nutrition*, 8(1).

- Setyowati, D., Andarwulan, N., & Giriwono, P. E. (2018). Processed and ultraprocessed food consumption pattern in The Jakarta Individual Food Consumption Survey 2014. *Asia Pacific Journal of Clinical Nutrition*, 27(4), 840–847.
- Setyowati, D., Andarwulan, N. & Giriwono, P. E. Processed and ultraprocessed food consumption pattern in the Jakarta Individual Food Consumption Survey 2014. *Asia Pac J Clin Nutr* 27, 840–847 (2018). <https://doi.org/10.6133/apjcn.062017.01>.
- Sharma H. Association of Physical Activity, Body Mass Index and Dietary Pattern among Medical Undergraduate Students of Raipur Chhattisgarh: A Cross-Sectional Study. *Global journal for Research Analysis*.2017; VI(XI).
- Shim, J. S., Shim, S. Y., Cha, H. J., Kim, J., & Kim, H. C. (2022). Association between ultra-processed food consumption and dietary intake and diet quality in Korean adults. *Journal of the Academy of Nutrition and Dietetics*, 122(3), 583-594.
- Solihati dan Ruswanti. 2018. Obesitas dengan kejadian hipertensi pada mahasiswa baru Universitas Indonesia tahun 2013 dan 2014. *Jurnal Ilmiah Ilmu Keperawatan Indonesia* 8(1). pp.388–393.
- Sudargo, T., Freitag, H., Kusmayanti, N.A. and Rosiyani, F., 2018. *Pola makan dan obesitas*. UGM press.
- Sundari dan Siti. 2005. Kesehatan Mental Dalam Kehidupan. Jakarta : Rineka Cipta. *Survei Kesehatan Indonesia (SKI)*., 2023.
- Thahir, A.I.A. and Masnar, A., 2021. *Obesitas Anak dan Remaja: Faktor Risiko, Pencegahan, dan Isu Terkini*. Edugizi Pratama Indonesia.
- Toar, J., Telew, A. And Lumenta, G., 2023. The Perbedaan Tiga Kategori Aktifitas Fisik Pada Status Obesitas Dan Non Obesitas. *Higeia (Journal Of Public Health Research And Development)*, 7(3), Pp.458-467.
- Vashtianada A, Setiarini A, Sartika RAD. 2023. the difference of ultra-processed food consumption based on individual characteristics and other factors among non-health undergraduate students in Universitas Indonesia in 2023. *Indonesian Journal of Public Health Nutrition (IJPHN)*. 4(1), Article 6. DOI: 10.7454/ijphn.v4i1.7393. <https://doi.org/10.7454/ijphn.v4i1.7393>
- Vashtianada, A., Setiarini, A., & Sartika, R. A. D. (2023). The difference of ultra-processed food consumption based on individual characteristics and other factors among non-health undergraduate students in Universitas Indonesia in 2023. *Indonesian Journal of Public Health Nutrition*, 4(1), 59–71
- Vashtianada, A., Setiarini, A. and Sartika, R.A.D., 2023. The Difference of Ultra-Processed Food Consumption based on Individual Characteristics and Other Factors among Non-Health Undergraduate Students in Universitas Indonesia in 2023. *Indonesian Journal of Public Health Nutrition (IJPHN)*, 4(1), p.6.
- Wahyuniar, L. & Karyadi, L. (2020). Pengaruh iklan makanan/ minuman/suplemen vitamin-mineral di TV terhadap pola konsumsi remaja di wilayah Jakarta Timur. *Jurnal Ilmu Kesehatan Bhakti Husada: Health Sciences Journal*, 11(1), 95–113.

- Wardani, N.A.P., 2023. Pola Konsumsi Junk Food Dan Aktivitas Fisik Siswa Gizi Lebih/Obesitas Di Smk Negeri 1 Denpasar (*Doctoral dissertation, Poltekkes Kemenkes Denpasar Jurusan Gizi 2023*).
- WHO. (2021). Obesity and overweight. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>
- Wirawanti, I.W., 2022. Pengukuran Status Gizi Remaja Putri Sebagai Upaya Mempertahankan Status Gizi Optimal. *Piramida: Jurnal Pengabdian Kepada Masyarakat*, 1(3), pp.59-66.
- Wisnuwardani, R. W., Noviasy, R., Saputri, A., & Kurniawati, E. R. (2022). PERUBAHAN AKTIVITAS FISIK DAN KONSUMSI MAKANAN ULTRA PROSES PADA MAHASISWA SELAMA PANDEMI COVID-19: PENELITIAN OBSERVASIONAL. *National Nutrition Journal/Media Gizi Indonesia*, 17(3).
- Wungow, L. E. A., Berhimpong, M., & Telew, A. (2021). Tingkat aktivitas fisik mahasiswa program studi ilmu kesehatan masyarakat universitas negeri manado saat masa pandemi covid-19. *Epidemia*, 2(3), 22-27.