

DAFTAR PUSTAKA

1. Masood B, Moorthy M. Causes of obesity: a review. *Clin Med (Lond)*. 2023 Jul;23(4):284-291
2. Cleasby ME, Jamieson PM, Atherton PJ. Insulin resistance and sarcopenia: mechanistic links between common co-morbidities. *J Endocrinol*. 2016 Jan; 229(2): 67-81.
3. Girdhar S, Sharma S, Chaudhary A, Bansal P, Satija M. An epidemiological study of overweight and obesity among women in an urban area of North India. *Indian journal of community medicine*. 2016 Apr 1;41(2):154-7.
4. Shou J, Chen PJ, Xiao WH. Mechanism of increased risk of insulin resistance in aging skeletal muscle. *Diabetology & metabolic syndrome*. 2020 Feb; 12(14): 1-10.
5. Khalilov R, Abdullayeva S. Mechanisms of insulin action and insulin resistance. *Advances in Biology & Earth Sciences*. 2023 Aug; 8(2): 165-179
6. Barber TM, Kyrou I, Randeva HS, Weickert MO. Mechanisms of insulin resistance at the crossroad of obesity with associated metabolic abnormalities and cognitive dysfunction. *Int. J. Mol. Sci*. 2021 Jan; 22(2): 546
7. Da Silva Rosa SC, Naya N, Caymo AM, Gordon JW. Mechanisms of muscle insulin resistance and the cross-talk with liver and adipose tissue. *Physiol. Rep*. 2020 Oct; 8(19): e14607.
8. Liu ZJ, Zhu CF. Causal relationship between insulin resistance and sarcopenia. *Diabetology & metabolic syndrome*. 2023 Mar; 15(1): 46.
9. Haran PH, Rivas DA, Fielding RA. Role and potential mechanisms of anabolic resistance in sarcopenia. *J. Cachexia. Sarcopenia Muscle*. 2012 May; 3(1): 157–162.
10. James DE, Stockli J, Birnbaum MJ. The aetiology and molecular landscape of insulin resistance. *Nature Reviews Molecular Cell Biology*. 2021 Jul; 22(11): 751-771.
11. Tahapary DL, Pratisthita LB, Fitri NA, Marcella C, Wafa S. et al. Challenges in the diagnosis of insulin resistance: focusing on the role of HOMA-IR and tryglyceride/glucose index. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*. 2022 Aug; 16(8): 102581.
12. Li M, Chi X, Wang Y, Setrerrahmane S, Xie W, et al. Trends in insulin resistance: Insights into mechanisms and therapeutic strategy. *Signal Transduct. Target Ther*. 2022 Jul; 7(216): 1-25
13. Nishikawa H, Asai A, Fukunishi S, Nishiguchi S, Higuchi K. Metabolic Syndrome and Sarcopenia. *Nutrients*. 2021 Oct; 13(10): 3519.
14. Hong SH, Choi KM. Sarcopenic obesity, insulin resistance, and their implications in cardiovascular and metabolic consequences. *International journal of molecular sciences*. 2020 Jan; 21(2): 494.
15. Huang WF, Chen YC, Chang CS, Wu CH. Definition and diagnosis of sarcopenia: Asia-Pacific perspectives. *Osteoporos Sarcopenia*. 2025 Jun;11(2 Suppl):2-10. doi: 10.1016/j.afos.2025.05.004. Epub 2025 Jun 10. PMID: 40718357; PMCID: PMC12288931.
16. Sri-On J, Fusakul Y, Kredarunsooksree T, Paksopis T, Ruangsiri R. The prevalence and risk factors of sarcopenia among Thai community-dwelling older adults as defined by the Asian Working Group for Sarcopenia (AWGS-2019) criteria: a cross-sectional study. *BMC geriatrics*. 2022 Oct 7;22(1):786.
17. Petermann-Rocha F, Balntzi V, Gray SR, Lara J, Ho FK, et al. Global prevalence of sarcopenia and severe sarcopenia: A systematic review and meta-analysis. *J*.

Cachexia Sarcopenia Muscle. 2022 Feb; 13(1): 86–99.

18. Priego T, Martín A, González-Hedström D, Granado M, López-Calderón A, et al. Role of hormones in sarcopenia. *Vitam Horm Elsevier*. 2021; 115(1):535–70
19. Daily JW, Park S. Sarcopenia is a cause and consequence of metabolic dysregulation in aging humans: effects of gut dysbiosis, glucose dysregulation, diet and lifestyle. *Cells* 2022 Jan; 11(3): 338
20. Habib SS, Alkahtani S, Alhussain M, Aljuhani O. Sarcopenia coexisting with high adiposity exacerbates insulin resistance and dyslipidemia in Saudi adult men. *Diabetes Metab. Syndr. Obes*. 2020 Aug; 13(1): 3089–3097.
21. Li C, Yu K, Shyh-Chang N, Jiang Z, Liu T, et al. Pathogenesis of sarcopenia and the relationship with fat mass: Descriptive review. *J. Cachexia Sarcopenia Muscle* 2022 Feb; 13(2): 781–794.
22. Donini LM, Busetto L, Bischoff SC, Cederholm T, Ballesteros-Pomar MD, et al. Definition and diagnostic criteria for sarcopenic obesity: ESPEN and EASO consensus statement. *Clin. Nutr*. 2022 May; 15(3): 990–1000
23. Bilski J, Pierzchalski P, Szczepanik M, Bonior J, Zoladz JA. Multifactorial mechanism of sarcopenia and sarcopenic obesity. Role of physical exercise, microbiota and myokines. *Cells*. 2022 Jan; 11(1): 160.
24. Axelrod CL, Dantas WS, Kirwan JP. Sarcopenic obesity: Emerging mechanisms and therapeutic potential. *Metabolism*. 2023 Sept; 146(2023): 155639.
25. Ghani ZA, Qaddori H, Al-Mayah Q. Triglyceride/high-density lipoprotein ratio as a predictor for insulin resistance in a sample of healthy Iraqi adults. *J Med Life*. 2023 May; 16(5):668-674.
26. Poggiogalle E, Mendes I, Ong B, Prado CM, Mocciaro G, Mazidi M, et al. Sarcopenic obesity and insulin resistance: Application of novel body composition models. *Nutrition*. 2020 Jul; 75–76:110765.
27. Kumar P, Mangla S, Kundu S. Inequalities in overweight and obesity among reproductive age group women in India: evidence from National Family Health Survey (2015–16). *BMC Women's Health*. 2022 Dec; 22(1):205.
28. Kumari M, Khanna A. Differences in Body Composition, Handgrip Strength, Gait Speed and Risk of Fall among Sarcopenic Obese and Non Sarcopenic Obese Individuals. *Journal of Scientific and Technical Research*. 2023; 13(2):81–4.
29. Horáková D, Štěpánek L, Štěpánek L, Pastucha D, Janoutová J, Janout V, et al. What are the real associations of homeostasis model assessment (HOMA) with body mass index and age? *Endokrynologia Polska*. 2022; 73(4):736–742.
30. Yang YS, Han BD, Han K, Jung JH, Son JW; Taskforce Team of the Obesity Fact Sheet of the Korean Society for the Study of Obesity. Obesity Fact Sheet in Korea, 2021: Trends in Obesity Prevalence and Obesity-Related Comorbidity Incidence Stratified by Age from 2009 to 2019. *J Obes Metab Syndr*. 2022 Jun 30; 31(2):169-177.
31. Berriche O, Rachdi R, Ammar C, Ben Othman R, Gamoudi A, Jamoussi H. Sarcopenia prevalence and risk factors in obese Tunisian adults. *Tunis Med*. 2024 Aug 5; 102(8):465-471.
32. Lee K. Association of osteosarcopenic obesity and its components: osteoporosis, sarcopenia and obesity with insulin resistance. *J Bone Miner Metab*. 2020 Sep; 38(5):695–701.
33. Pérez-Cruz E, Castro-Martínez D, González-Guzman OP. Association between sarcopenic obesity with insulin resistance and metabolic syndrome. *Medicina Clínica (English Edition)*. 2022 Jul 8; 159(1):1-5.
34. AlMuraikhy S, Anwardeen N, Naeem A, Sellami M, Domling A, Agouni A, et al. Comparing the Metabolic Profiles Associated with Fitness Status between Insulin-Sensitive and Insulin-Resistant Non-Obese Individuals. *IJERPH*. 2022

Sep 26;19(19):12169.

35. Kurniawan LB, Sheridan S, Syafaat AW, Surur AAZ, Nadhifah N, Afandi IN, et al. Analysis of Handgrip Strength with Insulin Resistance in Male and Female Indonesian Adults. *Indonesian J Clin Pathol Med Lab*. 2025 Feb 20;31(2):145–9.
36. Yamamoto Y, Ikeue K, Kanasaki M, Yamakage H, Oishi K, Mori T, Satoh-Asahara N, Masuda I, Ishii K. Association between subjective walking speed and metabolic diseases in individuals with obesity: a cross-sectional analysis. *Scientific Reports*. 2024 Nov 15;14(1):28228.
37. Nikkhah A, Fakhrzadeh H, Moodi M, Khodabakhshi H, Khorashadizadeh M, Arzaghi SM, Varmaghani M, Ejtahed HS, Sharifi F. Handgrip strength and gait speed relationships with cognitive impairment in Iranian older adults: Birjand longitudinal aging study. *Geriatric Nursing*. 2025 May 1;63:280-7.
38. Jayedi A, Zargar MS, Emadi A, Aune D. Walking speed and the risk of type 2 diabetes: a systematic review and meta-analysis. *Br J Sports Med*. 2024 Mar;58(6):334–42.
39. Sabag A, Keating SE, Way KL, Sultana RN, Lanting SM, Twigg SM, et al. The association between cardiorespiratory fitness, liver fat and insulin resistance in adults with or without type 2 diabetes: a cross-sectional analysis. *BMC Sports Sci Med Rehabil*. 2021 Dec;13(1):40.
40. Ji T, Li Y, Ma L. Sarcopenic Obesity: An Emerging Public Health Problem. *Aging and disease*. 2022;13(2):379.
41. Huang S, Zhou F, Zhou Y, Zhong J, Hong H, Weng G, et al. Prevalence and influencing factors of sarcopenia among older adults in rural coastal areas of Ningbo City. *Sci Rep*. 2025 Feb 19;15(1):6037.
42. Hosoi T, Yakabe M, Hashimoto S, Akishita M, Ogawa S. The roles of sex hormones in the pathophysiology of age-related sarcopenia and frailty. *Reprod Medicine & Biology*. 2024 Jan;23(1):e12569.
43. Hwang MS. Abdominal skin subcutaneous fat thickness over the gestational period in Korean pregnant women: a descriptive observational study. *Korean J Women Health Nurs*. 2021 Dec 31;27(4):318–25.

