

DAFTAR PUSTAKA

- Alhazmi, A., Aziz, F., & Hawash, M. M. (2021). Association of physical activity with academic performance among female students of health colleges of King Khalid University, Saudi Arabia. *International Journal of Environmental Research and Public Health*, 18(20), 10912. <https://www.mdpi.com/1660-4601/18/20/10912>
- Alkaririn, M. R., Aji, A. S., & Afifah, E. (2022). Hubungan Aktivitas Fisik dengan Status Gizi Mahasiswa Keperawatan Univeritas Alma Ata Yogyakarta. *Pontianak Nutrition Journal*, 5(1). <http://ejournal.poltekkes-pontianak.ac.id/index.php/PNJ/index>
- Alqassimi, S., Elmakki, E., Areeshi, A. S., Aburasain, A. B. M., & Majrabi, A. H. (2024). Overweight, Obesity, and Associated Risk Factors among Students at the Faculty of Medicine, Jazan University. *Medicina*, 60(6). <https://doi.org/10.3390/medicina60060940>
- Andreoli, A., Eski, D., Cenko, F., Teliti, E. M., Kellici, S., & Pajaj, E. (2024). Food Choices, Physical Activity, and Prevention of Cardiovascular Diseases in Young Adult Albanians: Assessment of Nutritional Status in University Students and the Risk of Chronic Degenerative Diseases. *Proceedings*, 91(1). <https://doi.org/10.3390/proceedings2023091229>
- Baral, S., Singh, A. K., Aryal, A., Subedi, J., Dhakal, U., & Khanal, A., (2025). Food habit, physical activity and nutritional status of adolescents in selected schools of Madhyapur Thimi municipality, Nepal: A cross-sectional study. *PLOS: Global Public Health*, 5(1), 1-17. <https://doi.org/10.1371/journal.pgph.0004136>
- Bede, F., Cumber, S. N., Nkfusai, C. N., Venyuy, M. A., & Ijang, Y. P. (2020). Dietary habits and nutritional status of medical school students: the case of three state universities in Cameroon. *Pan Afr Med Journal*. [10.11604/pamj.2020.35.15.18818](https://doi.org/10.11604/pamj.2020.35.15.18818)
- Boutari, C. & Mantzoros, C. S. (2022). A 2022 update on the epidemiology of obesity and a call to action: As its twin COVID-19 pandemic appears to be receding, the obesity and dysmetabolism pandemic continues to rage on. *Journal of Clinical Medicine*, 11(12). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9107388/>

- Edelmann, D., Pfirrmann, D., Heller, S., Dietz, P., Reichel, J. L., Werner, A. M., & Schäfer, M. (2022). Physical Activity and Sedentary Behavior in University Students—The Role of Gender, Age, Field of Study, Targeted Degree, and Study Semester. *Front Public Health*. [10.3389/fpubh.2022.821703](https://doi.org/10.3389/fpubh.2022.821703)
- Fadul, M. H., Fadul, A., Eissa, A. Y. H., Elhassan, A. Z. W. M., Anhal, G. A. A., & Abdelgafour, R. H. (2023). Physical Activity Among Medical Students at the University of Khartoum, Sudan, 2022: Knowledge, Practice, and Barriers. *Cureus*, *15*(9). [10.7759/cureus.45914](https://doi.org/10.7759/cureus.45914)
- Feraco, A., Gorini, S., Camajani, E., Filardi, T., Karav, S., & Cava, E. (2024). Gender differences in dietary patterns and physical activity: an insight with Principal Component Analysis (PCA). *Journal of Translational Medicine*, *22*(1112). [10.1186/s12967-024-05965-3](https://doi.org/10.1186/s12967-024-05965-3)
- Grygiel-Górniak, B. G., Tomczak, A., Krulikowska, N., Przysławski, J., Jaros, A. S., & Kaczmarek, E. Physical activity, nutritional status, and dietary habits of students of a medical university. *Sport Sci Health*, *12*, 261-267. [10.1007/s11332-016-0285-x](https://doi.org/10.1007/s11332-016-0285-x)
- Grasdalsmoen, M., Eriksen, H. R., Lønning, K. J., & Sivertsen, B. (2019). Physical exercise and body-mass index in young adults: a national survey of Norwegian university students. *BMC Public Health*, *19*(1354). <https://link.springer.com/article/10.1186/s12889-019-7650-z>
- Grygiel-Grygiel-Górniak, B., Tomczak, A., Krulikowska, N., Przysławski, J., Seraszek-Jaros, A., & Kaczmarek, E. (2016). Physical activity, nutritional status, and dietary habits of students of a medical university. *Sport Sciences for Health*, *12*(2), 261–267. <https://doi.org/10.1007/s11332-016-0285-x>
- Huang, X., Lu, G., Yin, J., & Tan, W., (2021). Non-linear associations between the built environment and the physical activity of children. *Transportation Research Part D: Transport and Environment*, *98*. <https://doi.org/10.1016/j.trd.2021.102968>
- Ip, N., Scarrott, K., & Conklin, A. I. (2024). Multiple recommended health behaviors among medical students in Western Canada: a descriptive study of self-reported knowledge, adherence, barriers, and time use. *Frontiers in Medicine*, *11*, 1-11. <https://doi.org/10.3389/fmed.2024.1468990>

- Logan, D., Wallace, S. M., Woodside, J. V., & McKenna, G. (2021). The potential of salivary biomarkers of nutritional status and dietary intake: A systematic review. *Journal of Dentistry*. <https://doi.org/10.1016/j.jdent.2021.103840>
- Refandy, T. A., Ekawanti, A., & Warnaini, Cut. (2022). Pengaruh Aktivitas Fisik terhadap Status Gizi Mahasiswa Tahun Kedua Fakultas Kedokteran Universitas Mataram selama Daring. *Lombok Medical Journal*, 1(3). <https://doi.org/10.29303/lmj.v1i3.1999>
- Younes, S. (2024). Gender difference in nutritional knowledge, dietary pattern, and nutritional status of undergraduates in Tartous University, Syria. *Journal of Biomed Research*, 5(1), 8-16. <https://doi.org/10.46439/biomedres.5.038>