

DAFTAR PUSTAKA

- Abdulsalam, S., Olarewaju, O., Olugblenga, B.A. dan Abdusalam, I., 2014 Sociodemographic Correlates of Modifiable Risk Factors for Hypertension in a Rural Local Government Area of Oyo State South West Nigeria. *International Journal of Hypertension*, [e-journal] Tersedia di <<https://www.hindawi.com/journals/ijhy/2014/842028/abs/>>
- Ali, S.H., 2012. A Cross Sectional Study To Assess The Prevalence Of Hypertension And Diabetes Among Obese And Non Obese Persons , In Above 40 Years Age Group In A Slum Area Of Chennai. *Journal of Evolution of Medical and Dental Sciences*, [e-journal] 1(2): hpp.38–44.
- Aliffian, I., 2013. *Hubungan Asupan Natrium, Kalium dan Magnesium Terhadap Tekanan Darah Pada Penderita Hipertensi Rawat Jalan di Rumah Sakit PKU Muhammadiyah Surakarta*. Skripsi. Universitas Muhammadiyah Surakarta.
- Arlita. 2014. *Hubungan Asupan Natrium, Kalium, magnesium dan Status Gizi dengan tekanan darah Pada Lansia Di Kelurahan Makamhaji Kecamatan Surakarta*. Skripsi. Universitas Muhammadiyah Surakarta.
- Azari, M.H., 2017. Faktor-Faktor Yang Berhubungan Dengan Kejadian Hipertensi di Puskesmas Makrayu Kecamatan Ilir Barat II Palembang. *Jurnal Ilmu Kesehatan*, [e-journal] 2(1): pp.23-30. Tersedia di <<https://ejournal.stikesaisyah.ac.id/index.php/jika/article/view/29>>
- American College of Cardiology: Mediterranean diet cuts heart disease risk by nearly half, March 2, 2015.
- Andria, K.M., 2013. Hubungan Antara Perilaku Olahraga, Stres, Dan Pola Makan dengan Tingkat Hipertensi Pada Lanjut Usia di Kelurahan Putih Kecamatan Sukolilo Kota Surabaya. *Jurnal Promkes*, [e-journal] 1(1): pp.111–117. Tersedia di <<http://www.journal.unair.ac.id/filerPDF/jupromkes562e04d4f1full.pdf>>
- Asmaiyar, 2004. *Faktor-Faktor Yang Berhubungan dengan Kepatuhan Konsumen Membaca Label Produk Pangan Di Pasar Kebayoran Lama Jakarta Selatan Tahun 2003*. Skripsi. Universitas Indonesia.
- Badan Perlindungan Konsumsi Nasional. 2013. *Hasil Kajian BPKN di Bidang Pangan Terkait Perlindungan Konsumen*. Jakarta: Badan Perlindungan Konsumsi Nasional RI.

- Badan Pengawas Obat dan Makanan. 2016. *Acuan Label Gizi*. Jakarta: Badan Pengawas Obat dan Makanan RI.
- Badan Pengawas Obat dan Makanan. 2015. *Tentang Pengawasan Takaran Saji Pangan Olahan*. Jakarta: Badan Pengawas Obat dan Makanan RI.
- Badan Pusat Statistik. 2017. *Kota Sidoarjo Dalam Angka*. BPS Kota Sidoarjo.
- Badan Penelitian dan Pengembangan. 2018. Riskesdas tahun 2018. [pdf] Jakarta: Departemen Kesehatan RI. Tersedia di <<http://www.depkes.go.id/download.php?file=download/pusdatin/infodatin/infodatin-hipertensi.pdf>>
- Badan Penelitian dan Pengembangan. 2013. Riskesdas tahun 2013. [pdf] Jakarta: Departemen Kesehatan RI.
- Badan Penelitian dan Pengembangan. 2007. Riskesdas tahun 2007. [pdf] Jakarta: Departemen Kesehatan RI.
- Bertalina dan Suryani, A.N., 2017. Hubungan Asupan Natrium, Gaya Hidup dan Faktor Genetik dengan Tekanan Darah Pada Penderita Penyakit Jantung Koroner. *Jurnal Kesehatan*, [e-journal] 8(2): pp. 240-249.
- Brown, J.E., 2011. *Nutrition through the Life Cycle*. [daring] *Fluoride*. United States: Wadsworth Cengage Learning.
- Carson, A.P., Howard, G., Burke, G.L., 2015. Ethnic Differences In Hypertension Incidence Among Middle-Aged And Older Adults: The Multi-Ethnic Study Of Atherosclerosis. *Hypertension*, [e-journal] 57(110): pp.1-7. Tersedia di <<http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.909.5439&rep=rep1&type=pdf>>
- Castillón, P.G., Artalejo, F.R., Fornés, N.S., Banegas, J.R., Etxezarreta, P.A., Ardanaz, E., Barricarte, A., Chirlaque, M.D., Iraeta, M.D., Larrañaga, N.L., Michelle, A., Martínez, C., Quirós, J.R., Navarro, C., Jakszyn, P., Sánchez, M.J., Tormo, M.J., González, C.A., 2007. Intake Of Fried Food Is Associated With Obesity In The Cohort Of Spanish Adults From The European Prospective Investigation Into Cancer And Nutrition. *American Journal of Clinical Nutrition*, [e-journal] 86(1): pp.198-205. Tersedia di <<https://academic.oup.com/ajcn/article/86/1/198/4633095>>
- Castillo, L, P., Royo, B.M.A. dan Moya, G.A., 2012. Information Search Behaviour, Understanding and Use Pf Nutritiom Labeling By Residents Of Madrid. *Journal Public Health*, [e-journal] 12(93): pp.226-236.

Tersedia di

<<https://www.sciencedirect.com/science/article/pii/S003335061400341>>

- Devi, V.C., Sartono, A., dan Isworno, T.J., 2013. Konsumen di Pasar Swalayan ADA Setiabudi Semarang. *Jurnal Gizi Universitas Semarang*, [e-journal] 2(2): pp.1-12. Tersedia di <<http://download.portalgaruda.org/article.php?article=144862&val=421>>
- Dricoutis, Lazaridis dan Nagya. 2006. *Nutritional Food Label Use: a theoretical and empirical prespective*. 98th ease seminar.
- Dinas Kesehatan Kota Sidoarjo, 2017. *Profil Kesehatan Kota Sidoarjo Tahun 2017*. Sidoarjo.
- Dugdill, L., Crone, D., & Murphy, R. (2009). *Physical Activity and Health Promotion: Evidence-based Approaches to Practice*. [pdf] Chichester: WileyBlackwell. Tersedia di <[https://books.google.co.id/books?hl=id&lr=&id=RSS5AsWuS9cC&oi=fnd&pg=PR9&dq=ugdill,+L.,+Crone,+D.,+%26+Murphy,+R.+\(2009\).+Physical+Activity+and+Health+Promotion:+Evidencebased+Approaches+to+Practice.+Chichester:+WileyBlackwell.+&ots=BnWO76_Na4&sig=nJzvT8bLQRRnE2Jh4LJcmktIr2k&redir_esc=y#v=onepage&q&f=false](https://books.google.co.id/books?hl=id&lr=&id=RSS5AsWuS9cC&oi=fnd&pg=PR9&dq=ugdill,+L.,+Crone,+D.,+%26+Murphy,+R.+(2009).+Physical+Activity+and+Health+Promotion:+Evidencebased+Approaches+to+Practice.+Chichester:+WileyBlackwell.+&ots=BnWO76_Na4&sig=nJzvT8bLQRRnE2Jh4LJcmktIr2k&redir_esc=y#v=onepage&q&f=false)>
- Erdman, J.W., Macdonald, I.A. dan Zeisel, S.H., 2012. *Present Knowledge in Nutrition 10th ed*. United States: Wiley Blackwell.
- Elfassy, T., Yi, S., Eisenhower, D., Lederer, A. dan Curtis., C.J., 2015. Use of Sodium Information on the Nutrition Facts Label in New York City Adults with Hypertension. *Journal Of The Academy Of Nutrition And Dietetics*, [e-journal] 115(2): pp.278-283.
- Fatmawati, S., Junaid, H. dan Ibrahim, K., 2017. Hubungan *Life Style* dengan Kejadian Hipertensi Pada Usia Desasa (20-44 tahun) di Wilayah kerja Puskesmas Puuwatu Kota Kendari Tahun 2017. *Jurnal Ilmiah Mahasiswa Kesehatan Masyarakat*, [e-journal] 2(6): pp.1-10. Tersedia di <<https://media.neliti.com/media/publications/198151-hubungan-life-style-dengan-kejadian-hipe.pdf>>
- Geraci, T.S., Geraci, S.A., 2013. Consideration in woman with hypertension. *Review Article Shouthern Medical Assosiation*, [e-journal] 106(7): pp.434-438
- Gongora, V.D., Salvador, V., Guadalupe, R., Marcia, C., Veronica, R. dan Sergio, M., 2012. Use And Understanding Of The Nutrition Information Panel Of Prepackaged Foods In A Sample Of Mexican Consumers. *Salud*

Publica de Mexico, [e-journal] 54(2): pp.150-166. Tersedia di
<<http://www.mediagraphic.com/cgi-bin/new/resumen.cgi?IDARTICULO=33842>>

Hamrik, Z., Sigmundová, D., Kalman, M., Pavelka, J. dan Sigmund, E., 2014. Physical Activity And Sedentary Behaviour In Czech Adults: Results From The GPAQ Study. *European Journal of Sport Science*, [e-journal] 14(2): pp.193-98. Tersedia di
<<https://www.tandfonline.com/doi/pdf/10.1080/17461391.2013.822565?needAccess=true>>

Hu, B., Liu, X., Yin, S., Fan, H., Feng, F. dan Yuan, J., 2015. Effects of psychological stress on hypertension in middle-aged Chinese: A cross-sectional study. *PLoS ONE*, [e-journal] 10(6): pp.1–13. Tersedia di <<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0129163>>

Hussain, M.A., Mamun, A. Al, Reid, C. dan Huxley, R.R., 2016. Prevalence , Awareness , Treatment and Control of Hypertension in Indonesian Adults Aged 40 Years : Findings from the Indonesia Family Life Survey (IFLS). *PLOS ONE* [e-journal] pp.1–16.
Tersedia di
<<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0160922>>

James, P.A., Oparil, S., Carter, B.L., Cushman, W.C., Himmelfarb, C.D., Handler, J., Lackland, D.T., LeFevre, M.L., MacKenzie, T.D., Ogedegbe, O., Smith Jr, S.C., Svetkey, L.P., Taler, S.J., Townsend, R.R., Wright Jr, J.T. dan Narva, A.S., Ortiz, E., 2014. 2014 Evidence-Based Guideline for the Management of High Blood Pressure in Adults Report From the Panel Members Appointed to the Eighth Joint National Committee (JNC 8). Tersedia di
<<https://jamanetwork.com/journals/jama/fullarticle/1791497>>

Kasapila, W. Dan Shawa, P., 2011. Use And Understanding Of Nutrition Labels Among Consumers In Lilongwe (Malawi). *African Journal Of Food Agriculture Nutrition And Development*, [e-journal] 11(5): pp.5171-5186. Tersedia di
<<https://www.ajol.info/index.php/ajfand/article/view/70444/58791>>

Kementrian Kesehatan. 2009. *Rencana Pembangunan Jangka Panjang Bidang Kesehatan 2005-2025*. Jakarta: Kementrian Kesehatan RI.

Kementrian Kesehatan. 2014. *Infodatin Hipertensi*. Jakarta: Kementrian Kesehatan RI.

- Kementerian Kesehatan RI, 2013. *Pedoman Pengisian Kuesioner*. Jakarta: Kementerian Kesehatan RI
- Kementerian Kesehatan RI. 2013. Peraturan Menteri Kesehatan Republik Indonesia Nomor 30 Tahun 2013 tentang Pencantuman Informasi Kandungan Gula, Garam, dan Lemak serta Pesan Kesehatan untuk Pangan Olahan dan Pangan Siap Saji. [pdf] Jakarta: Kementerian Kesehatan RI. Tersedia di <https://www.persi.or.id/images/regulasi/permenkes/pmk412014.pdf>
- Kementerian Kesehatan RI. 2011. *Pedoman Pengendalian Faktor Resiko Penyakit Jantung dan Pembuluh Darah. Edisi I*. Jakarta: Kementerian Kesehatan RI.
- Kementerian Kesehatan RI, 2014. *Hipertensi*. Jakarta: Kementerian Kesehatan RI.
- Kurniawaty, E. dan Insan, A.N.M., 2016. Pengaruh Kopi terhadap Hipertensi. *Majority*, [e-journal] 5(2): pp.6–10. Tersedia di <http://juke.kedokteran.unila.ac.id/index.php/majority/article/view/1069>
- Loliana, N. Dan Nadhiroh, S.R., 2012. Asupan dan Kecukupan Gizi Antara Remaja Obesitas dengan Non Obesitas. *Media Gizi Indonesia*, [e-journal] 10(2): pp. 141-145.
- Mahan, L.K., 2017. *Krause's Food & The Nutrition Care Process, Fourteenth Edition*. 14th ed. Missouri: Elsevier.
- Martiani, A. dan Lelyana, R., 2012. Faktor Risiko Hipertensi Ditinjau Dari Kebiasaan Minum Kopi (Studi Kasus di Desa modong, kecamatan Ungaran pada Bulan Januari-Februari 2012). *Journal of Nutrition College*, [e-journal] 1: pp.78–85. Tersedia di <http://eprints.undip.ac.id/38404/>
- McIlveen, Heater dan Lesley Smple, 2008. Seeing is believing: Current consumer use and understanding of food labels. *Nutrition and Food Science*, [e-journal]32(2): pp. 80-84.
- Muttoharoh, 2013. *Faktor-Faktor yang Berhubungan dengan Kepatuhan Membaca Label Gizi, Komposisi dan Kadaluarsa Pada Ibu yang Memiliki Anak di TK Fatahillah Depok*. Skripsi. Universitas Indonesia.
- Oktaviana, W., 2017. *Hubungan Antara Karakteristik Individu dan Pengetahuan Lanel Gizi dengan Membaca Label Gizi Produk Pangan Kemasan Pada Konsumen di 19 Supermarket Wilayah Kota Tangerang Selatan Tahun 2016*. Skripsi. Universitas Islam Negeri Syarif Hidayatullah.

- Palupi, I.R., Naomi, N.D. dan Susilo, J, 2017. Penggunaan Label Gizi dan Konsumsi Makanan Kemasan pada Anggota Persatuan Diabetisi Indonesia. *Jurnal Kesehatan Masyarakat*, [e-journal] 11(1): pp.1-8. Tersedia di < <https://www.neliti.com/publications/144878/penggunaan-label-gizi-dan-konsumsi-makanan-kemasan-pada-anggota-persatuan-diabet>>
- Peraturan Kepala Badan Pengawas Obat dan Makanan (BPOM) Republik Indonesia nomor 13 Tahun 2016 tentang Pengawasan Klaim dalam Label dan Iklan Pangan Olahan.
- Porth, C.M., 2015. *Essentials of Pathophysiology*. 4th ed. Philadelphia: Lisa McAllister.
- Putri, K.A.K. dan Sudhana, H., 2013. Perbedaan Tingkat Stres Pada Ibu Rumah Tangga yang Menggunakan dan Tidak Menggunakan Pembantu Rumah Tangga. *Jurnal Psikologi Udayana*, [e-journal] 1(1): pp.94–105. Tersedia di <<https://ojs.unud.ac.id/index.php/psikologi/article/view/25052>>
- Prihartini, S., Permaesih, D. dan Julianti, E.D., 2016. Asupan Natrium Penduduk Indonesia: Analisis Data Survei Konsumsi Makanan Individu (SKMI) 2014. *Jurnal Gizi Indonesia*, [e-journal] 39(1): pp.15-24. Tersedia di <https://ejournal.persagi.org/index.php/Gizi_Indon/article/view/205/173>
- Rahajeng, E., dan Tuminah, S., 2009. Prevalensi Hipertensi dan Determinannya di Indonesia. *Majalah Kedokteran Indonesia*, [e-journal] 59(2): pp.580–587. Tersedia di <https://s3.amazonaws.com/academia.edu.documents/41894927/700-7601PB.pdf?AWSAccessKeyId=AKIAIWOWYYGZ2Y53UL3A&Expires=1550022468&Signature=zE7T7U7Q47t7T5iroCR2S4FaBKE%3D&responsecontentdisposition=inline%3B%20filename%3DPrevalensi_Hipertensi_dan_Determinannya.pdf>
- Riyanto, A., 2011. *Metodologi Penelitian Kesehatan*. Yogyakarta : Penerbit Nuha Medika.
- Saleh, M., Basmanelly dan Huriani, E., 2014. Hubungan Tingkat Stres Dengan Derajat Hipertensi Pada Pasien Hipertensi Di Desa modong, kecamatan Andalas Padang Tahun 2014. *Ners Jurnal Keperawatan*, [e-journal] 10(1): pp.166– 175. Tersedia di <<http://ners.fkep.unand.ac.id/index.php/ners/article/view/40/35>>
- Samson G. 2012. *Awareness of food labelling and use of the information in purchasing food package food products among consumer in Ilala*

Municipality-Dar Es Salaam. Disertasi. Master of Public Health
Dissertation Muhimbili University.

- Sarasaty, Rinawang Frilyan. 2011. *Faktor-Faktor yang Berhubungan dengan Hipertensi pada Kelompok Lanjut Usia di Kelurahan Sawah Baru Kecamatan Ciputat, Kota Tangerang Selatan*. Skripsi. Jakarta: Universitas Islam Negeri Syarif Hidayatullah.
- Singh, A. dan Nivi, S., 2015. Effect Of Food Label Information On Consumers Purchase Decision. *Journal Of Research On Management*, 11(11), hal. 1-9.
- Singh, A. dan Purohit, B., 2011. Evaluation of Global Physical Activity Question (GPAQ) among Healthy and Obese Health Professionals in Central India. *Baltic Journal of Health and Physical Activity*, [e-journal] 3(3): pp.34-43. Tersedia di <<https://www.degruyter.com/view/j/bjha.2011.3.issue-1/v10131-011-0004-6/v10131-011-0004-6.pdf>>
- Siswanto, 2014. *Studi Diet Total : Survei Konsumsi Makanan Individu Indonesia 2014*. Ministry of Health Republic of Indonesia. [pdf] Jakarta: Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan RI. Tersedia di <<http://labdata.litbang.depkes.go.id/23-labmandat/398-bahan-paparan-survei-konsumsi-makanan-individu-studi-diet-total-2014>>
- Wang, F., Tiwari, V.K. dan Wang, H., 2014. Risk faktor for hypertention in India and China: a comparative study. *Indian Medical Journal*. 37(1), hal. 40-49.
- Widyartha, I.M.J., Putra, I.W.G.A.E. dan Ani, L.S., 2016. Riwayat Keluarga, Stres, Aktivitas Fisik Ringan, Obesitas dan Konsumsi Makanan Asin Berlebihan Sebagai Faktor Risiko Hipertensi. *Public Health and Preventive Medicine Archive*, [e-journal] 4(2): pp.186-194. Tersedia di <<https://ojs.unud.ac.id/index.php/phpma/article/view/28226>>
- Widjaja, F.F., Santoso, L.A., Barus, N.R.V., Pradana, G.A. dan Estetika, C., 2013. Prehypertension and hypertension among young Indonesian adults at a primary health care a rural area. *Medicine Journal Indonesia*, [e-journal] 22(1): pp.39-45. Tersedia di <<http://mji.ui.ac.id/journal/index.php/mji/article/view/519>>
- Williams, B., Mancia, G., Spiering, W., Rosei, E.A., Azizi, M., Burnier, M., Clement, D.L., Coca, A., Simone, G., Dominiczak, A., Kahan, T., Mahfoud, F., Redon, J., Ruilope, L., Zanchetti, A., Kerins, M., Kjeldsen,

- S.E., Kreutz, E., Laurent, S., Lip, G.Y.H., McManus, R., Narkiewicz, K., Ruschitzka, F., Schmieder, R.E., Shlyakhto, E., Tsioufis, C., Aboyans, V. dan Desormais, I., 2018. 2018 ESC/ESH Guidelines for the management of arterial hypertension The Task Force for the management of arterial hypertension of the European Society of Cardiology and the European Society of Hypertension. *Journal of Hypertension*, [e-journal] 36(10): pp. 1954-2041. Tersedia di <<https://www.tandfonline.com/doi/abs/10.3109/08037051.2013.812549>>
- Whitney, E. dan Rolfes, S.R., 2008. *Understanding Nutrition Eleventh Edition*. 11th ed. United States: Thomson Wadsworth Inc.
- World Health Organization, 2011. *Noncommunicable Diseases in the South-East Asia Region : Situation and Response 2011*. [pdf] New Delhi. Tersedia di <<http://www.who.int/mediacentre/factsheets/fs290/en/index.html>>
- World Health Organization, 2002. *Global Physical Activity Questionnaire (GPAQ)*. Switzerland: Department of Chronic Disease and Health Promotion Surveillance and Population Based Prevention.
- WHO-ISH Hypertension Guideline Committee, 2013. Guidelines of the management of hypertension. *J Hypertension*, 21(11), hl. 83-92.
- World Health Organization, 2013. *A Global Brief on Hypertension Silent Killer, Globab Public Health Crisis*. [pdf] Geneva: World Health Organization. Tersedia di <<http://www.who.int/reasearch/en/>>
- World Health Organization, 2014. *Global Status Report on Noncommunicable Diseases 2014*. Geneva.
- World Health Organization, 2015. *World report on Ageing and Health*. [pdf] Tersedia di <https://apps.who.int/iris/bitstream/handle/10665/186463/9789240694811_eng.pdf;jsessionid=8018F7B1B78731CDDC23F95FE8F204F5?sequence=1>
- Yulistina, F., Deliana, S.M. dan Rustiana, E.R., 2017. Korelasi Asupan Makanan, Stress, dan Aktivitas Fisik dengan Hipertensi Pada Usia Menopause. *Journal Of Public Health*, [e-journal] 6(1): pp.36-42. Tersedia di <<http://journal.unnes.ac.id/sju/index.php/ujph>>
- Zahara, S. dan Triyanti, 2009. Kepatuhan Membaca Label Informasi Zat Gizi di Kalangan Mahasiswa. *Jurnal Kesehatan Masyarakat Nasional*, [e-journal] 4(2): pp.78-83. Tersedia di <<http://journal.fkm.ui.ac.id/kesmas/article/view/191/191>>

- Zhang, D., Yan, L., Wang, G., Moran, A.E. dan Pagan, J.A., 2017. Nutrition Label Use and Sodium Intake In The U.S. *American Journal of Preventive Medicine*, [e-journal] 53(62): pp.220-227. Tersedia di <<https://www.sciencedirect.com/science/article/pii/S074937971730309>>
- Zhang, W., Li, N., 2011. Prevalence, risk factors, and management of prehypertension. *International Journal of Hypertension*. doi:2011:605359.