

## DAFTAR PUSTAKA

- Akber Ali, N., & Shahil Feroz, A. (2020). *Prevalence of hypertension and its risk factors among cotton textile workers in low- And middle-income countries: A protocol for a systematic review*. *Systematic Reviews*, 9(1), 1–5. <https://doi.org/10.1186/s13643-020-01364-z>
- Al-zaazaai, A. A., Darwish, A., Shibany, E. A. L., & Saeed, H. (2020). *A Retrospective Study of Body Mass Index , Cigarette Smoking and Hypertension , was the Danger of Renal Cell Carcinoma ( Yemen )*. *A Scitechnol Journal*, May.
- Balitbangkes RI. (2018). *Laporan Riskesdas 2018 Nasional*. In *Lembaga Penerbit Balitbangkes*.
- Bantas K, Gayatri, D. (2019). *Gender and Hypertantion (Data analysis of The Indonesia Basic Health Research 2007*. *Jurnal Epidemiologi Kesehatan Indonesia*, 3(1), 7–18.
- Baschung, J., & Einsele, F. (2022a). *Finding Correlation between Chronical Diseases and Food Consumption from 30 Years of Swiss Health Data Linked with Swiss Consumption Data using FP-Growth for Association Analysis*. *Research Gate*, 101–122. <https://doi.org/10.5121/csit.2022.121609>
- Baschung, J., & Einsele, F. (2022b). *Finding Correlation between Chronical Diseases and Food Consumption from 30 Years of Swiss Health Data Linked with Swiss Consumption Data using FP-Growth for Association Analysis*. *Research Gate*, 101–122. <https://doi.org/10.5121/csit.2022.121609>
- Bethany, E., & Zajacova Anna. (2016). *Gender differences in hypertension among young adults*. *HHS Public Access*, 61(1), 1–17. <https://doi.org/10.1080/19485565.2014.929488>.Gender
- Budi Artiyaningrum, & Mahalul Azam. (2016). *Faktor-Faktor Yang Berhubungan Dengan Kejadian Hipertensi Tidak Terkendali Pada Penderita Yang Melakukan Pemeriksaan Rutin*. *Public Health Perspective Journal* , 1(1).
- Chei, C. L., Loh, J. K., Soh, A., Yuan, J. M., & Koh, W. P. (2018a). *Coffee, tea, caffeine, and risk of hypertension: The Singapore Chinese Health Study*. In *European Journal of Nutrition* (Vol. 57, Issue 4, pp. 1333–1342). <https://doi.org/10.1007/s00394-017-1412-4>
- Chei, C. L., Loh, J. K., Soh, A., Yuan, J. M., & Koh, W. P. (2018b). *Coffee, tea, caffeine, and risk of hypertension: The Singapore Chinese Health Study*. *European Journal of Nutrition*, 57(4), 1333–1342. <https://doi.org/10.1007/s00394-017-1412-4>
- Cheryl D, et al, 2012, *Prevalence of Uncontrolled Risk Factors for Cardiovascular Disease: United States, 1999-2010*, NCHS Data Brief No.103 agustus 2012.

- Chen, L., Zhang, J., Zhou, N., Weng, J. Y., Bao, Z. Y., & Wu, L. Da. (2023). *Association of different obesity patterns with hypertension in US male adults: a cross-sectional study. Scientific Reports, 13*(1). <https://doi.org/10.1038/s41598-023-37302-x>
- Chimbindi, N., Bor, J., Newell, M.-L., Tanser, F., Baltussen, R., Hontelez, J., de Vlas, S. J., Lurie, M., Pillay, D., & Bärnighausen, T. (n.d.).(2015). *Time and Money: The True Costs of Health Care Utilization for Patients Receiving “Free” HIV/Tuberculosis Care and Treatment in Rural KwaZulu-Natal*. In *J Acquir Immune Defic Syndr* (Vol. 70, Issue 2). [www.africacentre.ac.za](http://www.africacentre.ac.za)
- Chobanian *et al*, 2003, *The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, And Treatment of High Blood Pressure* (JNC-VII), *Jama* 289:2560-2571.
- De Giuseppe, R., Di Napoli, I., Granata, F., Mottolese, A., & Cena, H. (2019). *Caffeine and blood pressure: A critical review perspective. Nutrition Research Reviews, 32*(2), 169–175. <https://doi.org/10.1017/S0954422419000015>
- Debora, C., Tolimba, C., Palunggi, S., Siregar, D., & Harefa, L. (2023). *Risk Factors for Hypertension Among Adults Living in A Rural Area , Minahasa. Jurnal Keperawatan Indonesia, 26*(October 2022), 36–45. <https://doi.org/10.7454/jki.v26i1.2527>
- Dedy Kuswoyo, & Tuasamu, S. M. A. (2022). Hubungan Pengetahuan dan Sikap dengan Kejadian Hipertensi pada Lansia. *Journal of Language and Health, 3*(2), 71–78.
- Dian Safitri Khairani, Alib Birwin, & Yoli Farradika. (2022). Determinan Kejadian Hipertensi Tidak Terkendali Di Wilayah Kerja Puskesmas Kemuning Tahun 2022. *Jurnal Kesehatan Masyarakat Khatulistiwa, 9*(4).
- Erman, I., Damanik, H. D., Kesehatan Kemenkes Palembang, P., & Selatan, S. (2021). Hubungan Merokok Dengan Kejadian Hipertensi Di Puskesmas Kampus Palembang. In *Jurnal Keperawatan Merdeka (JKM)* (Vol. 1, Issue 1).
- Fanelli, E., Ravetto Enri, L., Pappaccogli, M., Fasano, C., Di Monaco, S., Pignata, I., Baratta, F., Eula, E., Masera, G., Mana, M., Rabbia, F., Brusa, P., & Veglio, F. (2021). *Knowledge on arterial hypertension in general population: Results from a community pharmacy screening program. Nutrition, Metabolism and Cardiovascular Diseases, 31*(4), 1081–1086. <https://doi.org/10.1016/j.numecd.2021.01.004>
- Forouzanfar, M. H., Liu, P., Roth, G. A., Ng, M., Biryukov, S., Marczak, L., Alexander, L., Estep, K., Abate, K. H., Akinyemiju, T. F., Ali, R., Alvis-Guzman, N., Azzopardi, P., Banerjee, A., Bärnighausen, T., Basu, A., Bekele, T., Bennett, D. A., Biadgilign, S., ... Murray, C. J. L. (2017). *Global burden of hypertension and systolic blood pressure of at least 110 to 115mmHg, 1990-*

2015. *JAMA - Journal of the American Medical Association*, 317(2), 165–182. <https://doi.org/10.1001/jama.2016.19043>
- Gamage, A. U., & Seneviratne, R. de A. (2021). *Physical inactivity, and its association with hypertension among employees in the district of Colombo. BMC Public Health*, 21(1), 1–11. <https://doi.org/10.1186/s12889-021-12013-y>
- Gao, N., Liu, T., Wang, Y., Chen, M., Yu, L., Fu, C., & Xu, K. (2023). *Assessing the association between smoking and hypertension: Smoking status, type of tobacco products, and interaction with alcohol consumption. Frontiers in Cardiovascular Medicine*, 10. <https://doi.org/10.3389/fcvm.2023.1027988>
- Gatiningsih dan Sutrisno, E. (2017). Kependudukan dan ketenagakerjaan. In *Modul mata kuliah*. [http://eprints.ipdn.ac.id/2402/1/Buku GATI dan EKO Kependudukan LENGKAP.pdf](http://eprints.ipdn.ac.id/2402/1/Buku_GATI_dan_EKO_Kependudukan LENGKAP.pdf)
- Ghosh, S., & Kumar, M. (2019). *Prevalence and associated risk factors of hypertension among persons aged 15-49 in India: A cross-sectional study. BMJ Open*, 9(12), 1–9. <https://doi.org/10.1136/bmjopen-2019-029714>
- Green LW. (1980). *Health Education: A Diagnosis Approach*. (University TJH, ed.). Mayfield: Publishing Co.
- Grillo, A., Salvi, L., Coruzzi, P., Salvi, P., & Parati, G. (2019). *Sodium intake and hypertension. Nutrients*, 11(9), 1–16. <https://doi.org/10.3390/nu11091970>
- Gustia, A., Adam, A., Nelwan, J. E., & Wariki, W. M. V. (2018). Kejadian Hipertensi dan Riwayat Keluarga Menderita Hipertensi di Puskesmas Paceda Kota Bitung. *Jurnal Kermas*, 7(5).
- Han, M., Oh, Y., & Myung, S. K. (2022). *Coffee Intake and Risk of Hypertension: A Meta-Analysis of Cohort Studies. Journal of Korean Medical Science*, 37(45). <https://doi.org/10.3346/jkms.2022.37.e332>
- Hayati, K., Sofiatin, Y., Rahayuningsih, S. E., & Roesli, R. M. A. (2017). *Familial Analysis of Patients with Hypertension in Jatinangor , West Java , Indonesia*. 4(3), 449–455.
- Hossain, F. B., Adhikary, G., Chowdhury, A. B., & Shawon, M. S. R. (2019). *Association between body mass index (BMI) and hypertension in south Asian population: evidence from nationally-representative surveys. Clinical Hypertension*, 25(1), 1–9. <https://doi.org/10.1186/s40885-019-0134-8>
- Huang, Y., Peng, J., Wang, W., Zheng, X., Qin, G., & Xu, H. (2023). *Age-Dependent Association Between Body Mass Index and All-Cause Mortality Among Patients with Hypertension: A Longitudinal Population-Based Cohort Study in China. Clinical Epidemiology*, 15, 1159–1170. <https://doi.org/10.2147/CLEP.S442162>

- Imelda, Fidiariani Sjaaf, & Puspita. (2020). Faktor- Faktor yang Berhubungan dengan Kejadian Hipertensi pada Lansia di Puskesmas Air Dingin Lubuk Minturun. *Health & Medical Journal*, 2(2).
- Jiang, Q., Zhang, Q., Wang, T., You, Q., Liu, C., & Cao, S. (2021). *Prevalence and risk factors of hypertension among college freshmen in China. Scientific Reports*, 11(1), 1–8. <https://doi.org/10.1038/s41598-021-02578-4>
- Jobe, M., Mactaggart, I., Bell, S., Kim, M. J., Hydera, A., Bascaran, C., Njai, M., Badjie, O., Perel, P., Prentice, A. M., & Burton, M. J. (2024). *Prevalence of hypertension, diabetes, obesity, multimorbidity, and related risk factors among adult Gambians: a cross-sectional nationwide study. The Lancet Global Health*, 12(1), e55–e65. [https://doi.org/10.1016/S2214-109X\(23\)00508-9](https://doi.org/10.1016/S2214-109X(23)00508-9)
- Kementerian Kesehatan RI. (2014). *Pusat Kesehatan Masyarakat PMK Ri No 75 Tahun 2014*.
- Kementerian Kesehatan RI. (2019). *Laporan Nasional RISKESDAS 2018*.
- Kementerian Kesehatan RI. (2023). *Ayo Sehat Kementerian Kesehatan Republik Indonesia : Usia Produktif 20-59 Tahun. Kementerian Kesehatan RI*.
- Kementerian Kesehatan RI. (2021). *Pedoman Nasional Pelayanan Kedokteran Tatalaksana Hipertensi Dewasa. Kementerian Kesehatan RI*
- Kemkes. (2023a). *Dampak Merokok pada Kesehatan Pekerja*. Retrieved from [https://yankes.kemkes.go.id/view\\_artikel/2717/dampak-merokok-pada-kesehatan-pekerja#:~:text=Perokok%20menurut%20World%20Health%20Organization,dari%20%20batang%20per%20hari](https://yankes.kemkes.go.id/view_artikel/2717/dampak-merokok-pada-kesehatan-pekerja#:~:text=Perokok%20menurut%20World%20Health%20Organization,dari%20%20batang%20per%20hari)
- Kemkes. (2023b). *Mengonsumsi Kopi Secara Rutin: Bagaimana Dampaknya pada Kesehatan Jantung?* Retrieved from [https://yankes.kemkes.go.id/view\\_artikel/2319/mengonsumsi-kopi-secara-rutin-bagaimana-dampaknya-pada-kesehatan-jantung](https://yankes.kemkes.go.id/view_artikel/2319/mengonsumsi-kopi-secara-rutin-bagaimana-dampaknya-pada-kesehatan-jantung)
- Khasanah, D. N. (2022). *The Risk Factors of Hypertension in Indonesia (Data Study of Indonesian Family Life Survey 5). Journal of Public Health Research and Community Health Development*, 5(2), 80. <https://doi.org/10.20473/jphrcode.v5i2.27923>
- kit Netra Wirakhmi, & Iwan Purnawan. (2023). *Hubungan Aktivitas Fisik dengan Hipertensi Pada Lanjut Usia di Puskesmas Kutasari. Jurnal Untuk Masyarakat Sehat (JUKMAS)*, 7(1). <http://ejournal.urindo.ac.id/index.php/jukmas>
- Kostova, D., Spencer, G., Moran, A. E., Cobb, L. K., Husain, M. J., Datta, B. K., Matsushita, K., & Nugent, R. (2020). *The cost-effectiveness of hypertension management in low-income and middle-income countries: A review. In BMJ*

*Global Health* (Vol. 5, Issue 9). BMJ Publishing Group.  
<https://doi.org/10.1136/bmjgh-2019-002213>

- Kurnianto, A., Kurniadi Sunjaya, D., Ruluwedrata Rinawan, F., & Hilmanto, D. (2020). *Prevalence of Hypertension and Its Associated Factors among Indonesian Adolescents*. *International Journal of Hypertension*, 2020. <https://doi.org/10.1155/2020/4262034>
- Lee, M. R., Lim, Y. H., & Hong, Y. C. (2018). *Causal association of body mass index with hypertension using a Mendelian randomization design*. *Medicine (United States)*, 97(30). <https://doi.org/10.1097/MD.00000000000011252>
- Limbong, V. A., Rumayar, A., & Kandou, G. D. (2016). Hubungan Pengetahuan dan Sikap dengan Kejadian Hipertensi di Wilayah Kerja Puskesmas Tateli Kabupaten Minahasa. *Jurnal Kesmas*, 7(4). *cine (United States)*, 97(30). <https://doi.org/10.1097/MD.00000000000011252>
- Leslie, H. H., Malata, A., Ndiaye, Y., & Kruk, M. E. (2017). *Effective coverage of primary care services in eight highmortality countries*. *BMJ Global Health*, 2(3). <https://doi.org/10.1136/bmjgh-2017-000424>
- Luo, J., Kibriya, M. G., Zakin, P., Craver, A., Connellan, L., Tasmin, S., Polonsky, T., Kim, K., Ahsan, H., & Aschebrook-Kilfoy, B. (2022). *Urban spatial accessibility of primary care and hypertension control and awareness on Chicago's South side: A study from the COMPASS cohort*. *Circulation: Cardiovascular Quality and Outcomes*, 15(9), E008845. <https://doi.org/10.1161/CIRCOUTCOMES.121.008845>
- Lustenberger, T., Jenzer, H., & Einsele, F. (2022). *Discovery of Association Rules of the Relationship between Food Consumption and Life Style Diseases From Swiss Nutrition's (MENUCH) Dataset & Multiple Swiss Health Datasets from 1992 To 2012*. 77–93. <https://doi.org/10.5121/csit.2022.120207>
- Machaalani, M. (2022). *Knowledge , Attitude , and Practice Toward Hypertension Among Hypertensive Patients Residing in Lebanon*. *Vascular Health and Risk Management*, July.
- Marseille, B. R., Kolawole, J., Thorpe-Williams, J., Francis, L., Delva, S., Foronda, C. L., Bivins, B., Owusu, B., Josiah, N., & Baptiste, D. L. (2023). *Addressing hypertension among Haitian adults with insufficient access to quality healthcare: A discursive review*. *Journal of Advanced Nursing*, 79(5), 1691–1698. <https://doi.org/10.1111/jan.15633>
- Mohammed Nawi, A., Mohammad, Z., Jetly, K., Abd Razak, M. A., Ramli, N. S., Wan Ibadullah, W. A. H., & Ahmad, N. (2021). *The Prevalence and Risk Factors of Hypertension among the Urban Population in Southeast Asian Countries: A Systematic Review and Meta-Analysis*. *International Journal of*

*Hypertension*, 2021. <https://doi.org/10.1155/2021/6657003>

- Monika, V. I., Vanchapo, A. R., Jayadi, A., Lewar, E. S. B., Tusi, J. S., Mark, E., & Maharjan, K. (2023). *Knowledge of Hypertensive Patients Affects Blood Pressure Reduction. Journal of World Future Medicine, Health and Nursing*, 1(2), 155–162. <https://doi.org/10.55849/health.v1i2.504>
- Mohialdeen, F. F., Jayan, M. A., & Mohammed, B. K. (2022). *Assessment of the relationship between smoking and arterial hypertension in Iraq. Eurasian Medical Research Periodical*, 5.
- Morisaki, N., Obara, T., Piedvache, A., Kobayashi, S., Miyashita, C., Nishimura, T., Ishikuro, M., Sata, F., Horikawa, R., Mori, C., Metoki, H., Tsuchiya, K. J., Kuriyama, S., & Kishi, R. (2022). *Association between smoking and hypertension in pregnancy among Japanese women: a meta-analysis of birth cohort studies in the Japan Birth Cohort Consortium (JBiCC) and JECS. Journal of Epidemiology*. <https://doi.org/10.2188/jea.je20220076>
- Moussouni, A., Sidi-yakhlef, A., Hamdaoui, H., Aouar, A., & Belkhatir, D. (2022). *Prevalence and risk factors of prehypertension and hypertension in Algeria. BMC Public Health*, 22(1), 1–17. <https://doi.org/10.1186/s12889-022-13942-y>
- Nazihah, N. Z., & Rahmawati, R. (2023). *Knowledge About Hypertension and Its Treatment Among Patients and Lay Health Workers in the Posyandu Lansia. Universitas Islam Indonesia*, 1(52), 215–229. <https://doi.org/10.2991/978-94-6463-048-0>
- Ningsih, O. S. (2023). *Knowledge , Attitudes and Behavior of Hypertension Prevention in Adolescents in Remote Areas , Indonesia. Universitas Katolik Indonesia Santu Paulus Ruteng, Indonesia*. <https://doi.org/10.4108/eai.21-10-2022.2329691>
- Nur, S., Toharin, R., Cahyati, W. H., Zainafree, I., Ilmu, J., Masyarakat, K., & Keolahragaan, I. (2015). *Hubungan Modifikasi Gaya Hidup Dan Kepatuhan Konsumsi Obat Antidiabetik Dengan Kadar Gula Darah Pada Penderita Diabetes Melitus Tipe 2 Di Rs Qim Batang Tahun 2013. Unnes Journal of Public Health*. <http://journal.unnes.ac.id/sju/index.php/ujph>
- Okuyama, K., Akai, K., Kijima, T., Abe, T., Isomura, M., & Nabika, T. (2019). *Effect of geographic accessibility to primary care on treatment status of hypertension. PLoS ONE*, 14(3), 1–14.
- Pandit, A. U., Tang, J. W., Bailey, S. C., Davis, T. C., Bocchini, M. V., Persell, S. D., Federman, A. D., & Wolf, M. S. (2009). *Education, literacy, and health: Mediating effects on hypertension knowledge and control. Patient Education and Counseling*, 75(3), 381–385. <https://doi.org/10.1016/j.pec.2009.04.006>
- Polonikov, A. V., Vialykh, E. K., Churnosov, M. I., Illig, T., Freidin, M. B.,

- Vasil'Eva, O. V., Bushueva, O. Y., Ryzhaeva, V. N., Bulgakova, I. V., & Solodilova, M. A. (2012). *The C718T polymorphism in the 3'-untranslated region of glutathione peroxidase-4 gene is a predictor of cerebral stroke in patients with essential hypertension. Hypertension Research, 35(5), 507–512.* <https://doi.org/10.1038/hr.2011.213>
- Pristianty, L., Hingis, E. S., Priyandani, Y., & Rahem, A. (2023). *Relationship between knowledge and adherence to hypertension treatment. Universitas Airlangga, 14, 21–24.* <https://doi.org/10.4081/jphia.2023.2502>
- Profil Kesehatan Indonesia. (2019). Kementerian Kesehatan Republik Indonesia (KEMENKES RI). 2019. Data dan Informasi Profil Kesehatan Indonesia 2018. Jakarta: Ditjen P2P, Kemenkes RI 2019. In *Journal of Chemical Information and Modeling* (Vol. 53, Issue 9). <https://doi.org/10.1128/AAC.03728-14>
- Putri Hartanti, M., & Mifbakhuddin. (2015). Factors Correlated With Hypertension Among Farmers. *J. Kesehat. Masy. Indonesia, 10(1).*
- Qatrunnada, J. N. (2023). Hadits Membantu Sesama Muslim dan Perintah Tolong Menolong. Retrieved from <https://www.detik.com/hikmah/doa-dan-hadits/d-7025227/hadits-membantu-sesama-muslim-dan-perintah-tolong-menolong>
- Rachmawati, W. C. (2019). *Promosi Kesehatan dan Ilmu Perilaku.* Malang: Wineka Media.
- Radi, S., Lang, T., Lauwers-Cancès, V., Diène, E., Chatellier, G., Larabi, L., & De Gaudemaris, R. (2015). *Job constraints and arterial hypertension: Different effects in men and women: The IHPAF II case control study. Occupational and Environmental Medicine, 62(10), 711–717.* <https://doi.org/10.1136/oem.2004.012955>
- Rêgo, M. L. M., Cabral, D. A. R., Costa, E. C., & Fontes, E. B. (2019). *Physical Exercise for Individuals with Hypertension: It Is Time to Emphasize its Benefits on the Brain and Cognition. Clinical Medicine Insights: Cardiology, 13.* <https://doi.org/10.1177/1179546819839411>
- Reka Aprilliyanti, D., Arif Budiman, F., Studi, P. D., & Gizi Karya Husada Kediri, A. (n.d.). (2018) Hubungan Asupan Natrium Dengan Kejadian Hipertensi Di Posyandu Lansia Desa Tegowangi Kecamatan Plemahan Kabupaten Kediri *Relationship Of Sodium Intake With The Incidence Of Hypertension At Elderly Posyandu Tegowangi Village Plemahan Sub District Of Kediri.*
- Riskesdas. (2018). Laporan Provinsi Jawa Tengah Riskesdas 2018. In *Kementerian Kesehatan RI.*
- Samal, D., Greisenegger, S., Auff, E., Lang, W., & Lalouschek, W. (2007). *The relation between knowledge about hypertension and education in hospitalized patients with stroke in Vienna. Stroke, 38(4), 1304–1308.*

<https://doi.org/10.1161/01.STR.0000259733.43470.27>

- Setyawan, B., Sulistiyowati, R., & Solikhah, U. (2022). *The Correlation Between Uric Acid Levels ( Photometer Method ) And The Incidence of Hypertension in Prolanis Patients at Puskesmas Klirong II Kebumen Regency*. *Science Midwifery*, 10(3), 2392–2400.
- Setyawati, I., Studi, P., Dokter, P., Kedokteran, F., & Kesehatan, I. (2019). Hubungan Kadar Natrium Serum Dengan Tekanan Darah Pada Individu Riwayat Keluarga Hipertensi. *Darussalam Nutrition Journal*, 3(2), 65–71.
- Shen, Y., Chang, C., Zhang, J., Jiang, Y., Ni, B., & Wang, Y. (2017). *Prevalence and risk factors associated with hypertension and prehypertension in a working population at high altitude in China: A cross-sectional study*. *Environmental Health and Preventive Medicine*, 22(1). <https://doi.org/10.1186/s12199-017-0634-7>
- Shikha Singh, Ravi Shankar, and G. P. S. (2017). *Prevalence and Associated Risk Factors of Hypertension: A Cross-Sectional Study in Urban Varanasi*. *International Journal of Hypertension*, 4, 2178–2200. <https://doi.org/10.13031/2013.24809>
- Shukuri, A., Tewelde, T., & Shaweno, T. (2019). *Prevalence of old age hypertension and associated factors among older adults in rural Ethiopia*. *Integrated Blood Pressure Control*, 12, 23–31. <https://doi.org/10.2147/IBPC.S212821>
- Solomon, M., Shiferaw, B. Z., Tarekegn, T. T., GebreEyesus, F. A., Mengist, S. T., Mammo, M., Mewahegn, A. A., Mengiste, B. T., & Tamene Fetene Terefe. (2023). *Prevalence and Associated Factors of Hypertension Among Adults in Gurage Zone, Southwest Ethiopia*. *SAGE Open Nursing*. <https://doi.org/10.1177/23779608231153473>
- Song, L., Li, J., Yu, S., Cai, Y., He, H., Lun, J., Zheng, L., & Ye, J. (2023). *Body Mass Index is Associated with blood pressure and vital capacity in medical students*. *Lipids in Health and Disease*, 22(1). <https://doi.org/10.1186/s12944-023-01920-1>
- Sri, L. (2023). Hubungan Pengetahuan dan Sikap dengan Perilaku tentang Program PATUH Pasien Hipertensi di Wilayah Kerja Puskesmas Medan Area Selatan Tahun 2023. *Universitas Sumatera Utara*, 9–10.
- Stelmach, M. (2018). *Physical activity assessment tools in monitoring physical activity: the Global Physical Activity Questionnaire (GPAQ), the International Physical Activity Questionnaire (IPAQ) or accelerometers – choosing the best tools*. *Health Problems of Civilization*, 12(1), 57–63. <https://doi.org/10.5114/hpc.2018.74189>
- Sugiyono. (2016). *Metode Penelitian Kuantitatif, Kualitatif*. CV Alfabeta.



- Suprayitno Emdat, N. C. D. (2020). Modul Selfcare (Perawatan Diri) Penderita Hipertensi. In *Universitas Wiraraja*. Universitas Wiraraja.
- Surya Mandala, A., & Esfandiari, F. (2020). Hubungan Tekanan Darah Terkontrol dan Tidak Terkontrol terhadap Kadar High Density Lipoprotein Pasien Hipertensi. *Jurnal Ilmiah Kesehatan Sandi Husada*, *11*(1), 379–386. <https://doi.org/10.35816/jiskh.v10i2.296>
- Turck, D., Castenmiller, J., de Henauw, S., Hirsch-Ernst, K. I., Kearney, J., Knutsen, H. K., Maciuk, A., Mangelsdorf, I., McArdle, H. J., Pelaez, C., Pentieva, K., Siani, A., Thies, F., Tsabouri, S., Vinceti, M., Aggett, P., Fairweather-Tait, S., Martin, A., Przyrembel, H., ... Naska, A. (2019). *Dietary reference values for sodium*. *EFSA Journal*, *17*(9). <https://doi.org/10.2903/j.efsa.2019.5778>
- WHO. (2021). Global Health Observatory (GHO) data. *Raised blood pressure, Situation and trends*. In *World Health Organization* (p. 1). <https://www.who.int/data/gho/data/themes/topics/topic-details/GHO/ncd-risk-factors>
- WHO. (2022). *Hypertension* (p. 1).
- WHO. (2023). Hypertension. *World Health Organization, March*, 1–6.
- WHO. (2023). *Hypertension : Prevention*. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/hypertension>
- Williams, M. V., Baker, D. W., Parker, R. M., & Nurss, J. R. (1998). *Relationship of functional health literacy to patients' knowledge of their chronic disease: A study of patients with hypertension and diabetes*. *Archives of Internal Medicine*, *158*(2), 166–172. <https://doi.org/10.1001/archinte.158.2.166>
- Wijaya, I., Nur Kurniawan, R. K., & Haris, H. (2020). The Relationship between Lifestyle and Eating Patterns to the Occurrence of Hypertension in the Work Area of the Towata Health Center in Takalar Regency. *The Indonesian Journal of Health Promotion MPPKI*, *3*(1).
- Yong, X., Gao, X., Zhang, Z., Ge, H., Sun, X., Ma, X., & Liu, J. (2020). *Associations of occupational stress with job burn-out, depression and hypertension in coal miners of Xinjiang, China: a cross-sectional study*. *BMJ Open*, *10*(7), e036087. <https://doi.org/10.1136/bmjopen-2019-036087>