

DAFTAR PUSTAKA

- Adnan, M. (2019). Faktor yang memengaruhi kadar gula darah pada penderita diabetes melitus tipe 2. *Jurnal Kesehatan Masyarakat*, 15(2), 85–92.
- Aggarwal, B., Jain, V., & Singh, A. (2021). Workplace environment and its impact on physical inactivity and metabolic risk among office employees. *Journal of Occupational Health*, 63(1), 1–9.
- Ainsworth, B. E., Haskell, W. L., & Herrmann, S. D. (2011). Compendium of physical activities. *Medicine & Science in Sports & Exercise*, 43(8), 1575–1581.
- Alligood, M. R. (2021). *Nursing theorists and their work* (10th ed.). Elsevier.
- American Diabetes Association. (2023). Standards of care in diabetes—2023 abridged for primary care providers. *Clinical Diabetes*, 41(1), 4–31.
- Apovian, C. M. (2022). Obesity: Definition, comorbidities, causes, and burden. *American Journal of Managed Care*, 28(7), S176–S185.
- Bandura, A. (2018). Social cognitive theory in health promotion. *Health Education & Behavior*, 31(2), 143–164.
- Bauman, A., Petersen, C., & Blond, K. (2020). The descriptive epidemiology of sedentary behaviour. *Applied Physiology, Nutrition, and Metabolism*, 45(10), S13–S22.
- Bhupathiraju, S. N., & Hu, F. B. (2021). Epidemiology of obesity and diabetes. *Circulation Research*, 118(11), 1723–1735.
- Biddle, S. J. H., García Bengoechea, E., & Wiesner, G. (2017). Sedentary behaviour and adiposity. *American Journal of Preventive Medicine*, 53(1), 123–134.
- Biswas, A., Oh, P. I., Faulkner, G. E., Bajaj, R. R., & Alter, D. A. (2015). Sedentary time and mortality risk. *Annals of Internal Medicine*, 162(2), 123–132.
- Blüher, M. (2020). Obesity: Global epidemiology and pathogenesis. *Nature Reviews Endocrinology*, 15(5), 288–298.
- Bray, G. A., Kim, K. K., & Wilding, J. P. H. (2021). Obesity as a chronic disease. *The Lancet*, 387(10031), 1947–1956.
- Bull, F. C., Al-Ansari, S. S., & Biddle, S. (2020). WHO guidelines on physical activity and sedentary behaviour. *British Journal of Sports Medicine*, 54(24), 1451–1462.

- Chastin, S. F. M., et al. (2021). Sedentary behavior and chronic disease risk. *British Journal of Sports Medicine*, 55(10), 571–578.
- Chau, J. Y., van der Ploeg, H. P., & Bauman, A. E. (2010). Sitting time and mortality risk. *Medicine & Science in Sports & Exercise*, 42(5), 1010–1017.
- Cho, N. H., Shaw, J. E., & Karuranga, S. (2023). Global diabetes prevalence. *Diabetes Research and Clinical Practice*, 183, 109–119.
- Clemes, S. A., O’Connell, S. E., & Edwardson, C. L. (2018). Office workers’ sedentary behavior. *BMC Public Health*, 14(1), 1–9.
- Colberg, S. R., Kannane, J., & Diawara, N. (2021). Physical activity and glycemic management in diabetes. *International Journal of Environmental Research and Public Health*, 18(17), 9332.
- DeFronzo, R. A., Ferrannini, E., & Zimmet, P. (2016). *International textbook of diabetes mellitus* (4th ed.). Wiley-Blackwell.
- Després, J. P. (2016). Visceral adipose tissue and cardiometabolic risk. *Circulation*, 126(10), 1301–1313.
- Dempsey, P. C., Larsen, R. N., Sacre, J. W., et al. (2020). Interrupting prolonged sitting improves glucose metabolism. *Diabetologia*, 63(4), 699–708.
- Diaz, K. M., & Shimbo, D. (2020). Physical activity and cardiovascular disease. *Circulation Research*, 126(4), 506–517.
- Dunstan, D. W., Kingwell, B. A., & Larsen, R. (2012). Breaking up prolonged sitting reduces glucose levels. *Diabetes Care*, 35(5), 976–983.
- Ekelund, U., Tarp, J., & Fagerland, M. W. (2021). Physical activity and sedentary time with mortality. *The Lancet Public Health*, 6(6), e380–e390.
- Glanz, K., Rimer, B. K., & Viswanath, K. (2020). *Health behavior and health education*. Jossey-Bass.
- Green, L. W., & Kreuter, M. W. (2021). *Health promotion planning*. McGraw-Hill.
- Healy, G. N., Dunstan, D. W., Salmon, J., et al. (2017). Breaks in sedentary time and metabolic risk. *Diabetes Care*, 31(4), 661–666.
- Hruby, A., & Hu, F. B. (2021). Epidemiology of obesity. *Pharmacoeconomics*, 33(7), 673–689.
- Hu, F. B. (2022). Sedentary lifestyle and diabetes risk. *Nature Reviews Endocrinology*, 18(5), 289–298.

- Huang, Z., Klaric, L., Krasauskaite, J., et al. (2023). Cardiovascular risk prediction in type 2 diabetes. *European Journal of Preventive Cardiology*, 30(12), 1255–1262.
- International Diabetes Federation. (2024). Diabetes around the world 2024. IDF.
- Jakicic, J. M., & Otto, A. D. (2020). Physical activity for weight loss. *Current Opinion in Clinical Nutrition & Metabolic Care*, 8(6), 615–621.
- Kahn, S. E., Cooper, M. E., & Del Prato, S. (2014). Pathophysiology of type 2 diabetes. *The Lancet*, 383(9922), 1068–1083.
- Katzmarzyk, P. T., Powell, K. E., & Jakicic, J. M. (2021). Sedentary behavior and health. *Medicine & Science in Sports & Exercise*, 53(11), 2271–2279.
- Kementerian Kesehatan Republik Indonesia. (2023). Profil kesehatan Indonesia. Kemenkes RI.
- Knowler, W. C., Barrett-Connor, E., & Fowler, S. E. (2002). Lifestyle intervention and diabetes prevention. *New England Journal of Medicine*, 346(6), 393–403.
- Koster, A., & Caserotti, P. (2018). Sedentary time and mortality. *American Journal of Epidemiology*, 185(9), 791–800.
- Lee, I. M., Shiroma, E. J., & Lobelo, F. (2012). Physical inactivity and non-communicable diseases. *The Lancet*, 380(9838), 219–229.
- Loos, R. J. F., & Yeo, G. S. H. (2022). Genetics of obesity. *Nature Reviews Genetics*, 23(2), 120–133.
- Malik, V. S., Willett, W. C., & Hu, F. B. (2020). Global obesity trends. *Nature Reviews Endocrinology*, 9(1), 13–27.
- Ng, M., Fleming, T., & Robinson, M. (2014). Global obesity prevalence. *The Lancet*, 384(9945), 766–781.
- Neuhaus, M., Eakin, E. G., & Straker, L. (2017). Reducing occupational sedentary time. *Preventive Medicine*, 81, 1–7.
- Notoatmodjo, S. (2020). Metodologi penelitian kesehatan. Rineka Cipta.
- Owen, N., Healy, G. N., Matthews, C. E., & Dunstan, D. W. (2010). Too much sitting. *Exercise and Sport Sciences Reviews*, 38(3), 105–113.
- Parry, S., & Straker, L. (2017). Office work and sedentary behaviour. *Ergonomics*, 56(8), 121–131.
- Pender, N. J. (2011). Health promotion model manual. University of Michigan.

- Potter, P. A., Perry, A. G., Stockert, P., & Hall, A. (2020). *Fundamentals of nursing*. Elsevier.
- Puciato, D., Sękowski, K., Pinkas, J., et al. (2024). Public expectations related to type 2 diabetes prevention. *International Journal of Public Health*, 69(2), 1–12.
- Prince, S. A., Reed, J. L., & McFetridge, C. (2021). Workplace interventions to reduce sitting time. *Preventive Medicine*, 96, 35–47.
- Prochaska, J. O., & Velicer, W. F. (2017). Transtheoretical model of behavior change. *American Journal of Health Promotion*, 12(1), 38–48.
- Rosenstock, I. M. (2017). Health belief model and preventive health behavior. *Health Education Monographs*, 2(4), 328–335.
- Shrestha, N., Kukkonen-Harjula, K. T., & Verbeek, J. H. (2018). Workplace interventions for reducing sitting. *Cochrane Database of Systematic Reviews*, 1, CD010912.
- Stefan, N., Häring, H. U., & Hu, F. B. (2016). Metabolically healthy obesity. *The Lancet Diabetes & Endocrinology*, 4(9), 711–719.
- Suiraoka, I. P., & Nursanyoto, H. (2022). Determinan kejadian obesitas anak dan kebutuhan intervensinya pada masa pandemi COVID-19. *Feniks Muda Sejahtera*.
- Survei Kesehatan Indonesia. (2023). *Laporan Survei Kesehatan Indonesia*. Kementerian Kesehatan RI.
- Thorp, A. A., Owen, N., Neuhaus, M., & Dunstan, D. W. (2018). Sedentary behaviours and health outcomes. *American Journal of Preventive Medicine*, 41(2), 207–215.
- Tremblay, M. S., et al. (2020). Sedentary behavior terminology. *International Journal of Behavioral Nutrition and Physical Activity*, 17(1), 1–17.
- Warburton, D. E. R., Nicol, C. W., & Bredin, S. S. D. (2006). Health benefits of physical activity. *CMAJ*, 174(6), 801–809.
- Whitehead, D. (2016). Health promotion in nursing practice. *Journal of Clinical Nursing*, 29(5), 101–109.
- World Health Organization. (2010). *Global recommendations on physical activity for health*. WHO.
- World Health Organization. (2022). *Guidelines on physical activity and sedentary behaviour*. WHO.

World Health Organization. (2023). Obesity and overweight. WHO.

Yajnik, C. S. (2018). The insulin resistance epidemic in Asian populations. *The Lancet Diabetes & Endocrinology*, 2(4), 304–311.

Zimmet, P., Alberti, K. G. M. M., & Shaw, J. (2017). Global implications of the diabetes epidemic. *Nature*, 414(6865), 782–787.