

DAFTAR PUSTAKA

Buku

- Adams, S., & Stone, T. L. (2017). *Color design workbook: New, revised edition*. Beverly: Rockport Publishers
- Eiseman, L. (2017). *The complete color harmony: Pantone edition*. Beverly: Rockport Publishers.
- Feisner, E. A., & Reed, R. (2014). *Color studies* (3rd Ed.). New York: Bloomsbury Publishing.
- Gregory, A. (2014). *Public relation dalam praktik* (2nd ed.). Jakarta: PT Gelora Aksara Pratama.
- Hyndman, S. (2016). *Why fonts matter* (2nd ed.). London: Virgin Books.
- Jaya, J. K., & Mayasari, R. (2020). Diet seimbang: kunci sehat di era pandemi. Dalam Politala Press (Ed.), *Di balik wabah covid-19: sumbangan pemikiran dan perspektif akademisi* (hlm. 6-9). Politala Press.
- Jones, F., Burke, R. J., & Westman, M. (2013). *Work-life balance: a psychological perspective*. New York: Psychology Press.
- Landa, R. (2011). *Graphic Design Solution*. Clark Baxter.
- Landa, R. (2013). *Graphic design solutions* (5th ed.). Boston: Wadsworth Cengage Learning.
- Landa, R. (2019). *Graphic design solutions* (6th ed.). Boston: Cengage.
- Larson, C. U. (2018). *11 steps to getting what you want: persuasion and influence in the 21st century*. London: The Rowman & Littlefield Publishing Group, Inc.
- Liantoni, F. (2022). *Fotografi*. Jawa Tengah: Eureka Media Aksara
- Moriarty, S., Mitchell, N., & Wells, W. (2015). *Advertising & imc: principles and practice* (10th ed.). Harlow: Pearson Education.

- Pollock, D. (2013). *60 ways to lower your blood sugar: Simple steps to reduce the carbs, shed the weight, and feel great now!*. Minnesota: Harvest House Publishers.
- Putra, R. W. (2020). *Pengantar desain komunikasi visual dalam penerapan*. Yogyakarta: ANDI.
- Sugiyama, K., & Andree, T. (2011). *The dentsu way: Secrets of cross switch marketing from the world's most innovative advertising agency*. USA: McGraw-Hill.
- Sugiyono. (2014). *Metode Penelitian Kuantitatif, Kualitatif dan R & D*. Bandung: Alfabeta.
- Sugiyono. (2018). *Metode Penelitian Kuantitatif, Kualitatif dan Kombinasi (mixed methods) (2nd ed.)*. Bandung: Alfabeta.
- Trehan, K. (2021). Unit-2 understanding the target audience. Dalam Das, M. M., Jain, P., Kumari, A., Sapna, M. S., Trehan. K (Ed.), *Block-1 Overview of Advertising* (hlm 42-67). New Delhi: Indira Gandhi National Open University.
- Venus, A. (2018). *Manajemen kampanye: edisi revisi*. Bandung: Simbiosis Rekatama Media.

Jurnal

- Alderman, H., & Headey, D. D. (2017). How important is parental education for child nutrition?. *World Development*, 94, 448-464. <https://doi.org/10.1016/j.worlddev.2017.02.007>
- Barber, T. M., Kabisch, S., Pfeiffer, A. F. H., & Weickert, M. O. (2020). The health benefits of dietary fibre. *Nutrients* 2020, 12(3209), 1-17. <https://doi.org/10.3390/nu12103209>
- Bhardwaj, B., O'Keefe, E. L., & O'Keefe, J. H. (2016). Death by carbs: Added sugars and refined carbohydrates cause diabetes and cardiovascular disease

in asian indians. *Missouri Medicine*, 113(5), 395-400. PMID: 30228507; PMCID: PMC6139832.

Burrows, T., Goldman, S., Pursey, K., & Lim, R. (2016). Is there an association between dietary intake and academic achievement: A systematic review. *Journal of Human Nutrition and Dietetics*, 30(2), 117-140. <https://doi.org/10.1111/jhn.12407>

carbohydrates, and type 2 diabetes. *Diabetes Care*, 36, 4166-4171. <https://doi.org/10.2337/dc13-0325>

Chambers, L., McCrickerd, K., & Yeomans, M. R. (2015). Optimising foods for satiety. *Trends in Food Science & Technology*, 41(2), 149-160. <https://doi.org/10.1016/j.tifs.2014.10.007>

Clemente-Suárez, V. J., Mielgo-Ayuso, J., Martín-Rodríguez, A., Ramos-Campo, D. J., Redondo-Flórez, L., & Tornero-Aguilera, J. F. (2022). The burden of carbohydrates in health and disease. *Nutrients*, 14(18), 3809. <https://doi.org/10.3390/nu14183809>

Cobb, L. K., Appel, L. J., Jones-Smith, J. C., Nur, A., & Anderson, C. A. M. (2015). The relationship of the local food environment with obesity: A systematic review of methods, study quality, and results. *Obesity*, 23(7), 1331-1344. <https://doi.org/10.1002/oby.21118>

Daneshzad, E., Keshavarz, S.-A, Larijani, B., & Azadbakht, L. (2020). Association between a low-carbohydrate diet and sleep status, depression, anxiety, and stress score. *Journal of the Science of Food and Agriculture*, 100(7), 2946-2952. <https://doi.org/10.1002/jsfa.10322>

Erlayana, Y., & Setiawan, D. (2019). Analisis komposisi fotografi pada foto editorial “elephants” karya steve mccurry. *Jurnal Titik Imaji*, 2(2), 71-79. <http://journal.ubm.ac.id/index.php/titik-imaji/>

Ernawati, F., Prihatini., & Yuriestia, A. (2016). Gambaran konsumsi protein nabati dan hewani pada anak balita stunting dan gizi kurang di indonesia.

- Penelitian Gizi dan Makanan*, 39(2), 95-102.
<https://doi.org/10.22435/pgm.v39i2.6973>
- Fairudz, A., & Nisa, K. (2015). Pengaruh serat pangan terhadap kadar kolesterol penderita overweight. *Majority*, 4(8), 121-126.
<https://juke.kedokteran.unila.ac.id/index.php/majority/article/download/1485/1324>
- Gopinath, B., Flood, V. M., Burlutksy, G., Louie, J. C. Y., & Mitchell, P. (2017). Association between carbohydrate nutrition and prevalence of depressive symptoms in older adults. *British Journal of Nutrition*, 116(12), 2109-2114.
Doi: 10.1017/S0007114516004311
- Greenwood, D. C., Threapleton, D. E., Evans, C. E. L., Cleghorn, C. L., Nykjaer, C., Woodhead, C., & Burley, V. J. (2013). Glycemic index, glycemic load, Khotimah, D. F., Faizah, U, N., & Sayekti, T. (2021). Protein sebagai zat penyusun dalam tubuh manusia: Tinjauan sumber protein menuju sel. *PISCES: Proceeding of Intergrative Science Education Seminar*, 1(1), 127-133.
<https://prosiding.iainponorogo.ac.id/index.php/piscses/article/view/117>
- Korakas, E., Dimitriadis, G., Raptis, A., & Lambadiari, V. (2018). Dietary composition and cardiovascular risk: A mediator or a bystander?. *Nutrients*, 10(12), 1912. <https://doi.org/10.3390/nu10121912>
- Krisyanti, Situmeang, I, V., & Priliantini, A. (2020). Pengaruh kampanye #pantangplastik terhadap sikap ramah lingkungan (survei pada pengikut instagram @greenpeace.id). *Jurnal Komunika*, 9(1), 40-51.
<https://doi.org/10.31504/komunika.v9i1.2387>
- Ludwig, D. S., Aronne, L. J., Astrup, A., Cabo, R. D., Cantley, L. C., Friedman, M. I, Heymsfield, S. B., Johnson, J. D., King, J. C., Krauss, R. M., Lieberman, D. E., Taubes, G., Volek, J. S, Westman, E. C., Willett, W. C., Yancy, W. S., & Ebbeling, C. B. (2021). The carbohydrate-insulin model: A physiological perspective on the obesity pandemic. *Am J Clin Nutr*, 114(6), 1873-1885. doi: 10.1093/ajcn/nqab270

- Ludwig, D. S., Hu, F. B., Tappy, L., & Brand-Miller, J. (2018). Dietary carbohydrates: role of quality and quantity in chronic disease. *BMJ*, 361:k2340. doi: 10.1136/bmj.k2340
- Marleni, L., & Alhabib, A. (2017). Faktor risiko penyakit jantung koroner di rsi siti khadijah palembang. 480 *Jurnal Kesehatan*, 8(3), 478-483. <https://doi.org/10.26630/jk.v8i3.663>
- Maryono. (2017). Teknologi alih media dan penyelamatan isi buku langka. *Jurnal Pustaka Ilmiah*, 3(1), 310-319. <https://doi.org/10.20961/jpi.v3i1.33648>
- Mc Carthy, C. M., Vries, R. D., & Mackenback, J. D. (2022). The influence of unhealthy food and beverage marketing through social media and advergaming on diet-related outcomes in children-A systematic review. *Obesity Reviews*, 23(6), e13441. <https://doi.org/10.1111/obr.13441>
- Mona, N., & Pramulia, R. R. F. (2023). Peran copywriter dalam membangun brand awareness sarimi puass di instagram. *Jurnal Sosial Humaniora Terapan*, 5(1), 10-18. <https://doi.org/10.7454/jsht.v5i1.1019>
- Puluhulawa, I. (2013). Pengaruh faktor sosial ekonomi terhadap status kesehatan masyarakat di kecamatan palu selatan. *E-Journal Katalogis*, 1(3), 15-25. <http://jurnal.untad.ac.id/jurnal/index.php/Katalogis/article/view/7916>
- Putri, C. E., & Hamzah, R. E. (2018). Konvergensi konten majalah populer dalam industri digital media cetak. *Warta ISKI*, 1(2), 19-28. <https://doi.org/10.25008/wartaiski.v1i02.14>
- Ruegsegger, G. N., & Booth, F. W. (2018). Health benefits of exercise. *Cold Spring Harbor Perspectives in Medicine*, 8(7), 1-15. <https://doi.org/10.1101/cshperspect.a029694>
- Saraswati, S. K., Rahmanningrum, F. D., Pahsya, M. N. Z., Paramitha, N., Wulansari, A., Ristantya, A. R., Sinabutar, B. M., Pakpahan, V. E., & Nandini, N. (2021). Literature review: Faktor risiko penyebab obesitas. *Media Kesehatan Masyarakat Indonesia*, 20(1), 70-74. <https://doi.org/10.14710/mkmi.20.1.70-74>

- Sinubu, R. K., Rondonuwu, R., & Onibala, F. (2015). Hubungan beban kerja dengan kejadian hipertensi pada tenaga pengajar di sma n 1 amurang kabupaten minahasa selatan. *Jurnal Keperawatan*, 3(2). <https://doi.org/10.35790/jkp.v3i2.8034>
- Strang, S., Hoerber, C., Koletzko, B., Münte, T. F., Lehnert, H., Dolan, R. J., Schmid, S. M., & Park, S. Q. (2017). Impact of nutrition on social decision making. *PNAS*, 114(25), 6510-6514. <https://doi.org/10.1073/pnas.1620245114>
- Tjandrawinata, R. R. (2016). Patogenesis diabetes tipe 2: Resistensi insulin dan defisiensi insulin. *Dexa Medica*, 1-5. https://www.researchgate.net/publication/292615802_Patogenesis_Diabetes_Tipe_2_Resistensi_Insulin_dan_Defisiensi_Insulin
- Wicaksono, A. A., Depra, L., Maharani, S., Syahrial, & Noviyanti, S. (2022). Media digital dalam memberdayakan kemampuan berpikir kritis abad 21 pada pembelajaran ipa di sekolah dasar. *Jurnal Pendidikan dan Konseling (JPDK)*, 4(3), 188-197. <https://doi.org/10.31004/jpdk.v4i3.4290>

Skripsi

- Riadi, S. O. (2017). *Efektivitas pesan kampanye pendewasaan usia perkawinan terhadap tingkat preferensi usia perkawinan di kelurahan tangerang barat pekanbaru* (Skripsi). Universitas Islam Negeri Sultan Syarif Kasim Riau, Riau. Diakses dari <https://repository.uin-suska.ac.id/19888/>

Website

- Adobe. (n.d.). *Crafting new images with photo manipulation*. Adobe. https://www.adobe.com/eg_en/creativecloud/photography/discover/photo-manipulation.html
- Alodokter. (2023, Agustus 28). *Hipertensi*. Alodokter. <https://www.alodokter.com/hipertensi>
- Amel. (2018, November 5). *Indonesia market behaviour outlook 2018*. PERPI. <https://www.perpi.or.id/post/indonesia-market-behaviour-outlook-2018>

- Badan Penelitian dan Pengembangan Kesehatan. (2018). *Hasil utama riskesdas 2018*. Kementerian Kesehatan Republik Indonesia.
https://kesmas.kemkes.go.id/assets/upload/dir_519d41d8cd98f00/files/Hasil-riskesdas-2018_1274.pdf
- Badan Pusat Statistik. (2022). *Rata-rata konsumsi perkapita seminggu menurut kelompok makanan dan minuman jadi per kabupaten/kota*. Badan Pusat Statistik. [https://databoks.katadata.co.id/datapublish/2022/08/22/ini-10-kota-dan-kabupaten-yang-masyarakatnya-paling-sering-makan-mi-instan-pada-2021#:~:text=Badan%20Pusat%20Statistik%20\(BPS\)%20melaporkan,kapita%20per%20minggu%20pada%202021.](https://databoks.katadata.co.id/datapublish/2022/08/22/ini-10-kota-dan-kabupaten-yang-masyarakatnya-paling-sering-makan-mi-instan-pada-2021#:~:text=Badan%20Pusat%20Statistik%20(BPS)%20melaporkan,kapita%20per%20minggu%20pada%202021.)
- Badan Pusat Statistik. (2023, Maret 1). *Luas panen dan produksi padi di indonesia 2022 (angka tetap)*. Badan Pusat Statistik.
<https://www.bps.go.id/pressrelease/2023/03/01/2036/pada-2022--luas-panen-padi-mencapai-sekitar-10-45-juta-hektar-dengan-produksi-sebesar-54-75-juta-ton-gkg-.html>
- Birmingham City. (n.d.). *Four benefits of cutting back on sugar*. Birmingham City: School of Health Sciences. <https://www.bcu.ac.uk/health-sciences/about-us/school-blog/four-benefits-of-cutting-back-on-sugar>
- Direktorat P2PTM Kementerian Kesehatan RI. (n.d.). *Obesitas*. Kementerian Kesehatan Republik Indonesia. <https://p2ptm.kemkes.go.id/informasi-p2ptm/obesitas>
- Fikriansyah, I. (2023, Februari 7). *Agresi adalah: Pengertian, penyebab, contoh perilaku, dan cara mengatasi*. Detikcom.
<https://www.detik.com/bali/berita/d-6556063/agresi-adalah-pengertian-penyebab-contoh-perilaku-dan-cara-mengatasi>
- Halodoc. (n.d.). *Gangguan kecemasan umum*. Halodoc.
<https://www.halodoc.com/kesehatan/gangguan-kecemasan-umum>

Halodoc. (n.d.). *Makanan tidak sehat*. Halodoc.

<https://www.halodoc.com/kesehatan/makanan-tidak-sehat>

Halodoc. (n.d.). *Penyakit jantung koroner*. Halodoc.

<https://www.halodoc.com/kesehatan/penyakit-jantung-koroner>

International Diabetes Federation. (2021). *Indonesia: Diabetes report 2000-2045*.

IDF Diabetes Atlas. <https://diabetesatlas.org/data/en/country/94/id.html>

Kementrian Kesehatan Republik Indonesia. (n.d.). *Usia produktif 20-59 tahun*.

Kementrian Kesehatan Republik Indonesia.

<https://ayosehat.kemkes.go.id/kategori-usia/usia-produktif>

Kominfo. (2019, September 16). *Kominfo kampanyekan “isi piringku” cegah stunting*. Kominfo.

https://www.kominfo.go.id/content/detail/21537/kominfo-kampanyekan-isi-piringku-cegah-stunting/0/sorotan_media

McClung, R. (2016). *The history, application, and worth of copywriting*.

https://www.researchgate.net/publication/327139092_The_History_Application_and_Worth_of_Copywriting

NFI. (n.d.). *Digital imaging-everything you need to know*. Nashville Film

Institute. <https://www.nfi.edu/digital-imaging/>

Our World in Data. (2019). *Hypertension in adults aged 30-79*. Our World in

Data. <https://ourworldindata.org/grapher/hypertension-adults-30-79>

Our World in Data. (n.d.). *Share of deaths attributed to obesity, 1990 to 2019*. Our

World in Data. <https://ourworldindata.org/grapher/share-of-deaths-obesity?tab=chart&country=~IDN>

Putri, A. M. H. (2023, Juli 17). *Bukan cuma RI! Deretan negara ini doyan banget makan beras*. CNBC Indonesia.

<https://www.cnbcindonesia.com/research/20230717044645-128-454786/bukan-cuma-ri-deretan-negara-ini-doyan-banget-makan->

