

DAFTAR PUSTAKA

1. Masulli, F, Zainul Z, Junaidi J. Pengaruh Sinar Ultraviolet terhadap Kadar Vitamin D dan Tekanan Darah pada Perempuan di Pesantren di Kota Palu. *Ejournal.unsri*. 2017;4(1):35.
2. Callahan A, Leonard H, Powell T. Vitamin D Important to Bone Health and Beyond. Lane Community College. 2021.
3. Murray R K, Bender D A, BotHam K M, et all. Harper's illustrated biochemistry. 28th Ed. The McGraw Hill Lange: 938-940.
4. Suryadinata RV, Sukarno DA. The Effect of Physical Activity on The Risk of Obesity in Adulthood. *Indones J Public Heal*. 2019.
5. Zhang R, Naughton DP. Vitamin D in Health and Disease: Current Perspectives. *Nutr J*. 2010.
6. Rimahardika R, Subagio H,W., Wijayanti H.S. Asupan Vitamin D dan Paparan Sinar Matahari Orang yang Bekerja di dalam Ruangan dan di luar Ruangan. *Journal of Nutrion College*. 2017;6(4):333-342.
7. Ho-Pham L, Nguyen M. Survey on Knowledge and Attitudes on Vitamin D and Sunlight Exposure in an Urban Population in Vietnam. *Asean JAFES*. 2012;27(2):191-195.
8. Green TJ, Skeaff CM, Rockell JEP, et al. Vitamin D status and its association with Parathyroid Hormone Concentrations in Women of Childbearing Age Living in Jakarta and Kuala Lumpur. *Eur J Clin Nutr*. 2008;62(3):373-378.
9. Arum DS. Hubungan Asupan Vitamin D, Gaya Hidup, dan Indeks Massa Tubuh dengan kadar 25(OH)D serum pada perempuan usia 20-50. Medan: Universitas Sumatera Utara. 2015.
10. Herlambang H, Safira NN, Fitri AD, Puspasari A. Gambaran Kadar Vitamin D pada Wanita Usia Subur di Kota Jambi; Upaya Awal Pengembangan Model Kebijakan Kesehatan Reproduksi. *Medical Dedication (medic): Jurnal Pengabdian kepada Masyarakat FKIK UNJA*. 2021 Nov 26;4(2):269-73.
11. Jamil NA, Shahudin NN, Aziz NSA, Qi CJ, Aminuddin WAAA, Mat Ludin AF, Daud ND. Knowledge, Attitude and Practice Related to Vitamin D and

- its Relationship with Vitamin D Status among Malay Female Office Workers. *Int J. Environ Res Public Health*. 2019;16(23):4735.
12. Lorensia A, Suryadinata RV. Relation between Vitamin D Level and Knowledge and Attitude Towards Sunlight Exposure among Asthma Outpatients in Surabaya. *Global Medical and Health Communication*. 2019;7(3):168.
 13. Holick M. F. Biological Effects of Sunlight, Ultraviolet Radiation, Visible Light, Infrared Radiation and Vitamin D for Health. *Anticancer Research*. 2016;36(3): 1345-1356.
 14. Seran YTT. Karakteristik Paparan Radiasi Sinar Ultraviolet A (UV-A) dan Cahaya Tampak di Kota Kupang. *Jurnal Biotropikal Sains*. 2018;15(3):49-56.
 15. Nichols JA, Katiyar SK. Skin photoprotection by natural polyphenols: anti-inflammatory, antioxidant and DNA repair mechanisms. *Archives of dermatological research*. 2010;302(2):71-83.
 16. Gupta A. Ultraviolet Radiation in Wound Care: Sterilization and Stimulation. *Advances in wound care*. 2013;2(8):424.
 17. Setiati S. Pengaruh paparan sinar ultraviolet b bersumber dari sinar matahari terhadap konsentrasi vitamin D (25 (OH) D) dan hormon paratiroid pada perempuan usia lanjut Indonesia. *Kesmas: Jurnal Kesehatan Masyarakat Nasional*. 2008;2(4):147-153.
 18. Yogianti F. Sinar Ultraviolet dan Kesehatan Manusia. *Journal of Investigative Dermatology*. 2020.
 19. Holick MF. Vitamin D deficiency. *New England Journal of Medicine*. 2007;357(3):266-281.
 20. Holick MF. Capacity of human skin to produce vitamin D3. In: Kligman AM, Takase Yoshio. *Cutaneous Aging*. Japan, University of Tokyo Press. 2013;198:223- 45.
 21. Setiati S, Oemardi M, Sutrisna B. The role of ultraviolet-B from sun exposure on vitamin D3 and parathyroid hormone level in elderly women in Indonesia. *Asian J Gerontol Geriatr*. 2007;2(3):126-132.

22. Spitze V, Schweigert F. Vitamin basics: the facts about vitamins in nutrition. DSM Nutritional Products Ltd. 2007;3;22-23.
23. Rahayu A, Yulidasari F, Setiawan I. Buku Ajar: Dasar Dasar Gizi CV Mine: Hak Publikasi. 2020; 95 -115.
24. Pusparini. Defisiensi Vitamin D terhadap Penyakit. Indonesian Journal of Clinical Pathology and Medical Laboratory. 2014;21(1):90-92.
25. Angka Kecukupan Gizi (AKG). Angka kecukupan gizi yang dianjurkan bagi Bangsa Indonesia. Peraturan Menteri Kesehatan Republik Indonesia Nomor 75 Tahun 2013. 2013.
26. Almtsier S. Prinsip dasar ilmu gizi. 10th ed. Jakarta: PT Gramedia Pustaka Utama; 2010. 166-173.
27. Yoshio T, Cutaneous Aging. University of Tokyo Press. 2013;198:223- 45.
28. Vera, Setiati S, Govinda A. Determinan diagnostik klinis defisiensi vitamin D pada wanita berusia lebih dari 50 tahun. Jurnal Penyakit Dalam Indonesia. 2015;2(1):38-48.
29. Rahmawati KO. Kajian Konsumsi Protein dan Zat Besi dengan Kadar Hemoglobin pada Wanita Usia Subur(WUS) di Desa Srimartani Kecamatan Piyungan Kabupaten Bantul (Doctoral dissertation). Yogyakarta:Poltekkes Kemenkes Yogyakarta; 2021.
30. Nasution LK. Pengaruh Obesitas terhadap Kejadian Diabetes Melitus Tipe 2 pada Wanita Usia Subur di Wilayah Kerja Puskesmas Pintu Padang. Jurnal Muara Sain. 2018;2(1):240-246.
31. Laura E, Sitepu AB. The Knowledge Level among Third Trimester Pregnant Women on Premature Rupture of Membranes At Immanuela Clinic Batam in 2021. Jurnal Kesehatan LLDikti Wilayah 1 (JUKES). 2021;1(2):31-40.
32. Suryadinata RV, Sukarno DA. The Effect of Physical Activity on The Risk of Obesity in Adulthood. Indones J Public Heal. 2019.
33. Notoatmodjo S (2007). Promosi Kesehatan dan Ilmu Perilaku. Jakarta : Rineka Cipta.
34. Jamil NA, Shahudin N N, Aziz NSA, Qi CJ, Aminuddin WAAA, Mat Ludin AF, Daud ND. Knowledge, attitude and practice related to vitamin D and its

- relationship with vitamin D status among Malay female office workers. *Int. J. Environ. Res. Public Health*. 2019;16(23):4735.
35. Yosephin B, Khomsan A, Briawan D, Rimbawan, R. Peranan Ultraviolet B Sinar Matahari terhadap Status Vitamin D dan Tekanan Darah pada Wanita Usia Subur. *National Public Health Journal*. 2014;8(6):256-260.
 36. Musallina A. Faktor-Faktor yang Mempengaruhi Perilaku Deteksi Dini Kanker serviks pada WUS di Wilayah Kerja Puskesmas Pandak II Tahun 2020 (Doctoral dissertation). Yogyakarta: Poltekkes Kemenkes Yogyakarta; 2020.
 37. Regina J, Setiawati EP, Hidajat NN. Hubungan Pengetahuan dan Sikap dengan Tindakan Pencegahan Osteoporosis pada Wanita Usia Subur di Kecamatan Babakan Ciparay Kota Bandung. *Jurnal Sistem Kesehatan*. 2019;4(3).
 38. Zareef TA, Jackson RT. Knowledge and attitudes about vitamin D and sunlight exposure in premenopausal women living in Jeddah, and their relationship with serum vitamin D levels. *J Health Popul Nutr*. 2021;40(38).
 39. Zhou M, Zhuang W, Yuan YLZ, Cai Y. Investigation on vitamin D knowledge, attitude and practice of university students in Nanjing, China. *Public health nutrition*. 2016;19(1):78-82.
 40. Erlinawati ND. Defisiensi Vitamin D dan Paparan Sinar Matahari yang Berkaitan dengan Defisiensi Vitamin D pada Tenaga Kesehatan COVID-19. *Jurnal Silampari*. 2021;5(1):263-271.
 41. Suryadinata RV, Boengas S, Lorensia A. Effect of knowledge and attitude toward sun exposure related vitamin D to lung function. *Teikyo Medical Journal*. 2021;44(4), 957-969.