



ICoH, Vol 3 No 1 2026

**Proceeding of The 3th Internarional Conference on Health:
Preventive Health and Chronic Disease Action: From
Policy to Practice**

**Ungaran, Central Java, Indonesia
May, 20th–21st 2026**

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Ida Sofiyanti

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Organized by: Faculty of Health, Universitas Ngudi Waluyo

***Proceedings of Conference on Health
Universitas Ngudi Waluyo***

***“Preventive Health and Chronic Disease Action: From Policy to
Practice”***

Semarang, May 20-21, 2026



**Publisher
Faculty of Health
Universitas Ngudi Waluyo
Semarang, Indonesia**

Proceedings of Conference on Health Universitas Ngudi Waluyo
"Preventive Health and Chronic Disease Action: From Policy to Practice"

Semarang, May 20-21, 2026

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Publisher:

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First print, May 2026

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Proceedings of Conference on Health Universitas Ngudi Waluyo "Preventive Health and Chronic Disease Action: From Policy to Practice " was held on May 20-21, 2026

The ISSN

e-ISSN: 2830-1587

ISSN: 2830-1595

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Preface

*We are delighted to present the Proceedings of the 3rd International Conference on Health (ICoH 3), organized by the Faculty of Health, Universitas Ngudi Waluyo, and held on 20–21 May 2026. This edition brings together 63 rigorously peer-reviewed articles under the theme, **“Preventive Health and Chronic Disease Action: From Policy to Practice.”** This volume represents a valuable collection of scholarly works that reflects the commitment of researchers, academics, healthcare professionals, practitioners, and students from various institutions to advancing health sciences through evidence-based approaches, innovation, interdisciplinary collaboration, and meaningful action.*

The research featured in these proceedings addresses a wide range of contemporary challenges in preventive health and chronic disease management. The increasing burden of chronic diseases requires a comprehensive and sustainable approach that integrates health promotion, disease prevention, early detection, appropriate intervention, community empowerment, and effective health policies. The articles presented in this volume highlight diverse perspectives, research findings, innovative practices, and evidence-based strategies that contribute to strengthening preventive health efforts and translating policies into effective practices across different healthcare and community settings.

The successful publication of these proceedings would not have been possible without the valuable contributions of many individuals and institutions who entrusted us with their scholarly work. We extend our sincere appreciation to all authors for their dedication and commitment to scientific research, which have significantly enriched the diversity and quality of this publication. We also express our deepest gratitude to the expert reviewers for their insightful feedback and constructive evaluations, as well as to the dedicated editorial and organizing teams whose professionalism, hard work, and commitment made the publication of these proceedings possible.

We also extend our appreciation to all participants, institutions, partners, and stakeholders who contributed to the success of the 3rd International Conference on Health. Their active participation and collaboration have strengthened the spirit of knowledge exchange and fostered meaningful dialogue on how preventive health policies and strategies can be effectively translated into practice.

Finally, we recognize that this publication may still have limitations. We therefore warmly welcome constructive feedback and suggestions for future improvement. We hope that the knowledge, evidence, and experiences shared in this volume will contribute to the advancement of preventive health and chronic disease action, strengthen the connection between policy and practice, and create a lasting positive impact on health and well-being at local, national, and

global levels.

Semarang, 2026

Chairman of the Committee

Table of Contents

Literature Review: Factor Associated with Visual Inspection with Acetic Acid Screening among Women of Childbearing Age

Titi Nur Diah Anani, Hasnawati, Sri wahyuni, Yasinta Dwi Rakhmawati, Nila Febriana, Luvi Dian Afriyani

1-5

Literature Review: Determinants of Sexual Risk Behavior Among Adolescents

Fatmawati Wati, Hamsina, Joy Stevani, Mordayani, Yenni, Luvi Dian Afriyani

6-11

Literature Review: The Effect of Nutritional Patterns on the Incidence of Chronic Energy Deficiency (CED) in Pregnant Women

Yuniarani Heksininggar, Rokayah Mustikasari, Anis Prastikaningrum, Dani Yulisa Wulaningrum, Heni Rahmawati, Hapsari Windayanti

12-18

Literature Review: Factor Related to Neonatal Asphyxia in Newborn

Dewi Susilowati, putri; norma; ety, evi, kartika

19-26

Literature Review: The Efficacy of Kangaroo Mother Care (KMC) On Weight Gain In Low Birth Weight (LBW) Infants

Afsnur Diyanariyah, Ria Angryni, Siti Hani, Trimawati

27-30

Literature Review: The Correlation Between Family Support and Preeclampsia Prevention Behavior

Desi Roikah, Lisa, Sri, Susan, Tina

31-36

Literature Review: Factors Related to Menopause

Risti Marliani, Miftahul Jannah, Siti Umi Nur Almi sarina, Siti Zulaiha, Titin Indriany, Luvi Dian Afriyani

37-41

Determinants of Treatment Outcomes In TB/HIV Co-Infected Patients In Resource-Limited Settings

Nurul Hida Nuzulia, Suwanti, Jingga Martaria Prima Fajrin, Herianto, Riska Aoktawati Asmara, Udaui Apui

42-46

Literature Review: Risk Factors for Diabetes in Children

Syahril Romadhan, Kurniawati, Romian Marpaung, Nurul Khamidah, Fuji Purwaningsih
47-51

Literature Review: Relationship of Uterine Contractions with the Event of the First Stage of the Prolonged Active Phase

Eka Yuanita Ratna Sari, Mareti, Lina, Hayat, Desty; Kartika
52-58

Literature Review: Factors Associated with Premature Rupture of Membranes (PROM)

Hernasari Simamora, Retno Setyaningsih, Puji Lestari, Sonya Londetra, Upiati, Kartika Sari
59-65

Literature Review: The Relationship Between Mothers' Knowledge, Motivation, and the Role of Cadres with Toddler Visits to Integrated Health Posts

Indry Astuti, Meti Periyanti, Novitasari, Dina Khairani, Harni Armianti, Ida Sofiyanti
66-71

Literature Review: Effectiveness of P6 Acupressure in Reducing First-Trimester Pregnancy Nausea and Vomiting

Sipatul Janah, Neli Pujianti, Nindya Rahma Idhiana, Rizkiyah, Evita Carolina, Hapsari Windayanti
72-79

Literature Review: Risk Factors of Sexually Transmitted Infections among Commercial Sex Workers

Yunita Rusfiani, Triana, Christiani Toding Bua, Ayu Wulandari, Juliyanti, Luvi Dian Afriyani
80-86

Literature Review: The Relationship Between Discharge Planning and Post-Hospitalization Patient Control Compliance

Susi Handayani, Fitria Dwi Rahmawati, Yasinta Safera Ndeso, Resti Umayanti, Zumrotul Choiriyah
87-92

Literature Review: The Relationship Between Parenting Patterns and Nutritional Status with Preschool Development

Monica Pratiwi, Wiwik Lestari, Ratih Dyah Rahmawati, Ekrida Matarru, Arie Triani, Ida Sofiyanti
93-98

Literature Review: The Efficacy of Olive Oil for Pressure Ulcer Prevention in Critical Care

Erlian, Zelia Rosa Maria, Warinah, Yunita Darusman, Getrudis Praksedis, Umi Setyoningrum

99-106

Literature Review: The Relationship Between Benson Relaxation Technique and Blood Pressure Reduction in Elderly Patients with Hypertension

Indah Munariyah, Ilvi Nurdiana, Riska Sofia Indriani, Suwanti

107-110

Literature Review: The Relationship Between Self-efficacy and Self-care in Patients with Type II Diabetes Mellitus

Nurul Andriyani, Raudhatun Nisa, Jumanah, Marliyanti, Felisbela Mesquita, Suwanti

111-115

Literature Review: Risk Factors Associated with Postpartum Hemorrhage

Riliah Riliah, Eny Nurhayati, Ida Zulaiha, Dita Septiani, Yossy Octavia Bernaded , Kartika Sari

116-124

Management of Auditory Hallucinations through Distraction Technique Training at Prof. Dr. Soerojo Psychiatric Hospital, Magelang

Putri Sekar, Nyipta Ainin Dita Prabaswala, Nathasya Aliffiya Salsabilla, Afida Khalimatus Sa'diyah, Mukhamad Mustain

125-128

Medication Adherence in Pulmonary Tuberculosis Patients

Andi Sulistiyono, Yasa Monika, Nilyatii, Muhammad Imron Rosyidi

129-133

Overview of Medication Adherence in Patients with Diabetes Mellitus

Tri Heryanto, Bora, Tiur, Khairul, Yudha, Umi

134-138

Analysis of Pending BPJS Claims among Inpatients at RSUP dr. Johannes Leimena Ambon

Dwi Joko Setiyono, Yayan Mahendroyoko, Ita Puji Lestari

139-143

Literature Review: Characteristics of Hypertensive Patients at Community Health Centers

Muhammad Dwiki Darmawan, Trisnawati Wilhelmina Juanda, Yuliana Fahik, Rosalina Rosalina

144-149

Literature Review: The Correlation Between Self-Efficacy and Self-Management and Quality of Life in Type 2 Diabetes Mellitus Patients

Etty Nur Bayani, Idris Sutaman, Fitri Dwi Mayasari, Rani Yuliyanti, Andi Muhammad Khaerun Amin, Eko Susilo

150-155

Literature Review: Effect of Delayed Cord Clamping on Neonatal Hemoglobin Levels

Tiara Karlina, Lorensia, Ervina, Meliyana Warman, Tiara Karlina, Ida Sofiyanti

156-161

Literature Review: The Effects of Infant Massage on Infant Sleep Quality

Ida Sofiyanti; Imirna Lidiyati, Shanti Indriyati, Purnamasari Purnamasari, Umi Yulianita, Cita Puspadora

162-168

Literature Review: Factors Associated with the Selection of Long-Term Contraceptive Methods (LTCM)

Luzi Dos Santos Passos, Juvencia Da Cruz Amaral Soares, Jacqueline Da Costa A. Gaio, Sonya Elizita Mendes Nono, Margarida De Sena, Lina Paixao Elo, Luvi Dian Afriyani

169-173

Early Detection of Diabetes Mellitus at Long BIA Health Center

Yulianae Yulianae, Hendri Pratama, Eka Pani, Desi Vivien Serly L, Rosalina

174-178

Systematic Review: Effectiveness of Self-Efficacy and Audiovisual Education on Diabetic Foot Care

Marina Tanjung, Liyanovitasari, Afrida Arianti, Dwi Marlina, Muhamad Nur Abdul Hakim, Zahra Fitri Anggraeni

179-186

Literature Review: Early Detection of Gestational Hypertension Using the Mean Arterial Pressure (MAP) Method

Firda Roza Firda Roza, E.Dwi Idayati, Annna Sholihatun, Farida Nimawati, Lilik Susilowati, Hapsari Windayanti

187-199

Association of Body Mass Index (BMI) and Body Fat Percentage in Sports Science Students

Ulfatun Janah, Dwi Indah Kartika Zebua, Florentina Gulo, Intan Noferlin Gulo, Nur Amin

200-203

Factors Associated with Malaria Relapse among Patients in the Halilulik Community Health Center Catchment Area, Belu Regency, Indonesia

Izak Freitas, Maria Adolfina Rafu; Bahrul Ilmi; Adwianty Barra, Ns. Umi Aniroh

204-210

Managing The Risk of Nutritional Deficiencies Through Nutritional Management (Structured Dietary Education) in Children with Dengue Fever in Hospital

Siti Haryani, Misbakhul Surya Adi Pratama

211-215

Literature Review: Nurses' Caring Behavior in Emergency Situations

Nur Habibah, Efigenia Viegas, Ian Indra Samban, Natalia Devi Oktarina

216-222

The Analysis of Nutritional Status of The Kadirejo Village Community as A Supporting Factor for The Sports Development Index of Semarang Regency

Agus, Naufal Noor Aliffian Reckyantha, Wahyu Rizqiyatul Hidayah, Permata Amalya, Diva Arju Azmanaja, Fiar Jelang Ramadhan, Nur Amin

223-225

Integrating Digital Technologies to Strengthen Adverse Drug Reaction Reporting in Indonesia's Pharmacovigilance System

Anisa Dewi Fortuna, Devi Mardiyanti

226-232

Literature Review: The Effect of Knowledge and Communication, Information, and Education (CIE) on the Incidence of Anemia in Pregnant Women

Maharika Maharika, Hapsari Windayanti, Ika Nurul Hidayati, Giyartiningsih Giyartiningsih, Asri Pujiastuti, Dyana Yuliasuti

233-238

Literature Review: Enhancing Awareness of A Healthy Lifestyle Culture Among College Students

Maya Priastuti T, Suwa Suwanti, Indah Safitri

239-245

Analysis of The Nutritional Status of Trengginas Badminton Athletes

Asmelda Putriani Zalukhu, Nur Amin, Bulan Absahria Zalukhu, Naniati Zalukhu, Boy Oktaf Mei Harefa, Arif Ibrohim

246-248

Literature Review: Determinants of Knowledge, Attitude, Social Support, and Nutritional Awareness on Premarital Screening Compliance among Prospective Brides in Indonesia

Andi Bella Gading Soraya, Anita Situmorang, Ayu Arum Sari, Aplonia Rita Wadun, Deliana Natalia Mau, Dinawati Obed, Dwi Susanti, Erwin Puspowati, Ira Purnamasari Azis, Nazdia Nazdia

249-253

Literature Review: Determinants of Burnout Among Healthcare Workers

Muhammad Andi Suharto Suharto, Maria Mardate Loma, Mohamad Ariandhy Mokambo,

Wira Suana Priyatin, Andri Priantono, Umi Setyoningrum

254-259

Literature Review: Association Between DMPA Injectable Contraceptive Use and Menstrual Cycle Disorders in Family Planning Acceptors

Indah Dwi Hariyanti Sholeha, Titik Nur Hasanah, Wildy Panca, Evangelina I. Amansia Magno, Julieta Gama, Ana Paula Ribeiro, Luvi Dian Afriyani

260-266

Literature Review: The Effect of Non-Pharmacological Therapy in Lowering Blood Pressure in Hypertensive Patients

Anisa Cahya Qur'anni, Suwanti, Herminia loiola da costa, Eleonora Dorotea Ola da Costa

267-272

Analysis Of Blood Pressure After Swimming Exercise (Study Case in Sport Science Students at Universitas Ngudi Waluyo)

Zulfa Muhammad Zulfa Hafizudin Izma, Gusdion Firmansyah, Egi Sugianto Buulolo, Eduard Ekaprasetia, Nur Amin

273-276

Analysis of Nutritional Status of Sport Science Students

Jewelase Jekilase, Hatolala Halawa, Yuliana Jupriani Zebua, Surni Gulo, Alfani Sastriaman Gulo, Nur Amin

277-280

Geographic Disparities in Minimum Health Service Standards Implementation across Sub-districts in Kotawaringin Barat Regency, Indonesia

Nova Ferlina Mai Syapitri, Dita Indriyani Mai Adha, Heri Sugiarto

281-286

Literature Review: Factors Affecting Medication Adherence in Diabetes Mellitus Patients at Community Health Centers

Agus Tantrini, Retno Sundari, Etik Via Kristiani Zebua, Wina Nismalia, Muhammad Imron Rosyidi

287-294

Mental Health and Rehabilitation Adherence Among PELATKAB Semarang Athletes with Functional Ankle Instability

Naniati Zalukhu, Guntur Ratih Prestifa Herdinata, Adi Purcahyo, Jemput Haga Christin Gulo, Kuslim Kuslim, Yatatema Lahagu

295-300

Literature Review: An Overview of Mothers' Behavior Regarding The Prevention of ARI (Acute Respiratory Infections) in Toddlers

Natalia Devi Oktarina, Mirwan Mirwan

301-305

Literature Review: Risk Factors Associated with the Occurrence of Hyperbilirubinemia in Neonates

Ikanovita Sari, Afriyani Wulandari, Elfa Sopiya, Sitty Jawariyah, Ismaya, Ida Sofiyanti

306-312

Literature Review: The Impact of Gadgets on Early Childhood Emotional Regulation

Dewita Dewita, Anasa Laila Wiradani, Anggelina Chika Pury Putri, Fani Rahmawati, Nita Aprilia Devantyogi, Ida Sofiyanti

313-319

Literature Review: The Effect of Peer Education Programs on Improving Knowledge and Adherence to Iron Folic Acid (IFA) Tablet Consumption in Adolescent Girls

Liya Fatikhatus Ni'mah, Ina Yatusofa, Herni Prafitia Dewi, Rismawati, Dila Agustina, Christi Hariani.E, Nazifatunnisa, Hapsari Windayanti

320-326

Literature Review: Impact of the DASH Diet on Blood Pressure Control in Hypertensive Patients

Antonio Comelio, Eduardo Correia, Remegia Natalina Dos Santos Sarmento, Angela Maria do Rosario da Silva Amaral Pinto, Puji Lestari Lestari

327-331

Literature Review: The Effect of Maternal Age on the Incidence of Ectopic Pregnancy

Intan Asmara, Kristining Wahyu Kurniasih, Yuli Titik Nuryanti, Triani Triani, Dian Pramesti, Hapsari Windayanti

332-337

Literature Review: The Relationship Between Age and Parity with The Incidence of Preeclampsia in Mothers Giving Birth

Yunicha Diana Anggraeni, Ani Aries Sri Sukyati, Chusni Magfiroh, Rini Setyastiti, Novi Herlina, Kartika Sari

338-344

Literature Review: Dietary Patterns and The Risk of Hypertension

Mirnowati, Asrofi armidin, Endang wiji lestari, Mohammad aldi utama, Lisnowati, M. Imron Rosidi

345-349

The Relationship Between Surgical Safety Checklist Implementation Compliance with Post Postoperative Adverse Events (PAE)

Febriyanto Tatali, Suwanti, Dody Sukmawijaya, Aldi Rijaldi

350-356

Literature Review: The Association Between Personal Protective Equipment Use and Occupational Accidents in Palm Oil Mills and Plantations

Nita Astuti, Eka Arwidya Purbaningrum, Santo Petrus Junjung, Gipta Galih Widodo

357-363

Patient Safety Culture in The Inpatient Installation of Dr. R. Hardjanto Hospital Balikpapan

Melania Herlina, Musdalifah Musdalifah, Raharjo Apriyatmoko

364-367

Descriptive Monthly Trend Analysis of Hazardous Medical Waste Generation at Dr. H. Jusuf SK Regional Hospital in 2025

Ufi Syafitri, Heni Dayanti, Raodatul Jannah, Heri Sugiarto

368-371

Nurses' Experience in Psychiatric Emergencies

Ance Siallagan, Murniati Sitepu, Rusmauli Lumbangaol

372-378