

# Prof. Dr. Ir. Evawany Yunita Aritonang, M.Si

## Lecturer for Postgraduate School

✉ [evawany.yunita@usu.ac.id](mailto:evawany.yunita@usu.ac.id)

🌐 [sps.usu.ac.id/en/lecturer/evawany-yunita-aritonang](https://sps.usu.ac.id/en/lecturer/evawany-yunita-aritonang)

*Currently serving Director of the USU Postgraduate School for the 2026–2031 period, she began her career as a lecturer at USU's Faculty of Public Health in 1993 and as the Secretary of USU's Faculty of Public Health Master's Degree Study Program for the 2009–2015 period. In addition, she is currently a BKD assessor and a reviewer of LPDP scholarships. She conducts research, community service, and publications on public nutrition and public health.*

## Publications

2025

Jurnal internasional bereputasi

### **Fostering breastfeeding policy through multisectoral collaboration: The role of local religious institutions in Aceh, Indonesia**

MIRA GUSWENI , EVAWANY YUNITA ARITONANG , ASFRIYATI , NURMAINI

2025

Jurnal internasional bereputasi

### **Fostering breastfeeding policy through multisectoral collaboration: The role of local religious institutions in Aceh, Indonesia**

EVAWANY YUNITA ARITONANG , ASFRIYATI , NURMAINI , MIRA GUSWENI

2025

Jurnal internasional

### **The Influence of Patient Experience and Patient Engagement on Patient Loyalty Through Inpatient Satisfaction as an Intervening Variable at RSUD Latersia Binjai**

EVAWANY YUNITA ARITONANG , Selly Gabel Aprilliani Depari , BEBY KARINA FAWZEEA

2025

Jurnal internasional

### **Relationship Between Self-Efficacy and the Incidence of Obesity Among Adolescents in Medan City in 2025**

ETTI SUDARYATI , EVAWANY YUNITA ARITONANG , RINI ANGGRAINI

2025

Jurnal internasional

### **The Effect of Ronggeng Shrimp Coconut Shredded on Weight Gain in Malnourished Adult Pulmonary TB Patients in Sibolga City**

ETTI SUDARYATI , EVAWANY YUNITA ARITONANG

2025

Jurnal nasional terakreditasi

### **KOMPOSISI ZAT GIZI (FE, ZN, DAN VITAMIN C) TEMPE YANG DIFORTIFIKASI**

EVAWANY YUNITA ARITONANG , ETTI SUDARYATI

2024

Prosiding seminar nasional

### **Analysis of Milk Consumption Habits and Nutritional Status of Toddlers as a Basis for Preparing a Free Milk Program in the Namorambe Community Health Center Area, Deli Serdang Regency**

SAMUEL MARGANDA HALOMOAN MANALU , EVAWANY YUNITA ARITONANG

2024  
Jurnal nasional terakreditasi

## **Nutritional Education Using Edutainment Methods to Improve Clean and Healthy Living Behavior During the Covid-19 Pandemic**

ALBINER SIAGIAN , EVAWANY YUNITA ARITONANG

2024  
Jurnal nasional terakreditasi

## **Pengaruh penggunaan akun kuliner di Media Instagram Terhadap Pola Makan Siswa SMK Negeri 2 Binjai**

FITRI ARDIANI , ERNAWATI NASUTION , EVAWANY YUNITA ARITONANG

2024  
Jurnal nasional

## **Household Organic Waste Management With The Biocomposter Method**

EVAWANY YUNITA ARITONANG , HALINDA SARI LUBIS , DEVI NURAINI SANTI

2023  
Jurnal nasional terakreditasi

## **Effect of the Self-monitoring of Calendar Documentation on the Transmission Control and Treatment Outcomes**

BAHTERA BINDAVID PURBA , EVAWANY YUNITA ARITONANG

2023  
Jurnal nasional

## **Influence of Nutritional Intake and Exclusive Breastfeeding History on the Incidence of Stunting in Children Aged 12-24 Months in Deli Serdang Regency**

ETTI SUDARYATI , EVAWANY YUNITA ARITONANG , RAHMI AMELIA LUBIS

2023  
Jurnal internasional bereputasi

## **Healthy Childbirth Model Based on Husband's Support in Poor Families in Deli Serdang, North Sumatra Province, Indonesia**

IDA YUSTINA , NURMAINI , ETTI SUDARYATI , EVAWANY YUNITA ARITONANG

2023  
Jurnal internasional

## **Socio-Demographic Influence and Food Security Against Stunting Events In Medan City**

ETTI SUDARYATI , EVAWANY YUNITA ARITONANG

2023  
Jurnal internasional

## **THE EFFECT OF CONSUMPTION PATTERNS AND PHYSICAL ACTIVITY ON THE INCIDENCE OF OBESITY IN BANK EMPLOYEES IN MEDAN CITY.**

ETTI SUDARYATI , EVAWANY YUNITA ARITONANG

2023  
Jurnal internasional

## **Relationship Between the Support from Healthcare Workers and Mother's Motivation to Exclusively Breastfeed in Medan**

EVAWANY YUNITA ARITONANG , ETTI SUDARYATI , FARIDA LINDA SARI SIREGAR , NURMAINI

2023  
Prosiding seminar internasional

## **Relationship Between the Support from Healthcare Workers and Mother's Motivation to Exclusively Breastfeed in Medan**

ETTI SUDARYATI , NURMAINI , EVAWANY YUNITA ARITONANG , FARIDA LINDA SARI S

2023  
Jurnal nasional

## **Peningkatan Kapasitas Ibu Balita dalam Upaya Pencegahan Tumbuh Kembang Pada Balita melalui Kelompok Terapeutik di Wilayah Kerja Puskesmas Hampanan Perak**

EVI INDRIANI BR KARO , JENNY MARLINDAWANI PURBA , EVAWANY YUNITA ARITONANG

2022  
Jurnal nasional terakreditasi

## **Family Food Security and Parenting Patterns with Stunting Event in Toddlers**

EVAWANY YUNITA ARITONANG , ETTI SUDARYATI

---

2022  
Jurnal internasional bereputasi

## **A New Surveillance Model of Tuberculosis Transmission Control Based on Geographic Information System in the Primary Health Care**

BAHTERA BINDAVID PURBA , JUANITA , EVAWANY YUNITA ARITONANG , ALBINER SIAGIAN

---

2022  
Jurnal nasional terakreditasi

## **Stakeholder typology dalam kolaborasi program pemberian Air Susu Ibu eksklusif di Provinsi Aceh**

EVAWANY YUNITA ARITONANG , ASFRIYATI , MIRA GUSWENI

---

2022  
Jurnal internasional

## **Relation between Food Security and Breastfeeding and Feeding Practices with the Event of Stunting to Children in Poor Family in Langkat Regency**

EVAWANY YUNITA ARITONANG , ETTI SUDARYATI

---

2022  
Jurnal internasional

## **Relation between Food Security and Breastfeeding and Feeding Practices with the Event of Stunting to Children in Poor Family in Langkat Regency**

EVAWANY YUNITA ARITONANG , ETTI SUDARYATI

---

2022  
Jurnal internasional bereputasi

## **Relationship of Exclusive Breastfeeding with Stunting Incidences in Toddlers in Nias District**

EVAWANY YUNITA ARITONANG , ETTI SUDARYATI

---

2022  
Jurnal nasional

## **Relationship of income and mother's nutritional knowledge with family food security at the coastal area of Tapanuli Tengah Regency**

EVAWANY YUNITA ARITONANG

---

2021  
Prosiding seminar internasional

## **Relationship Of Chewing Tobacco Intake And Food Consumption With Duration Of Breast Milk On Lactating Mother In Karo Regency**

EVAWANY YUNITA ARITONANG , ALBINER SIAGIAN

---

2020  
Jurnal nasional terakreditasi

## **Modifikasi kantong SOSA dalam pemutusan penularan TB paru di kota Medan tahun 2018**

LINA TARIGAN , SORIMUDA SARUMPAET , EVAWANY YUNITA ARITONANG

---

2020  
Prosiding seminar internasional

## **The Relationship between Environmental Sanitation and Helminthes Disease on Primary School Children in Terminal Disposal Waste Area**

ALBINER SIAGIAN , EVAWANY YUNITA ARITONANG

---

2020  
Prosiding seminar internasional

## **The Influence of Sociodemography and Nutritional Knowledge of Mothers on Stunting in Kampung KB, Medan City**

EVAWANY YUNITA ARITONANG , SORIMUDA SARUMPAET , ALBINER SIAGIAN

---

2020

Jurnal internasional

## **Stunting and Household Food Expenditures between Junior High School Students from Smoker And Non-Smoker Families**

ETTI SUDARYATI , EVAWANY YUNITA ARITONANG

---

2020

Jurnal internasional

## **The relationship between type and frequency of online food ordering with obesity in students of Medan Area University**

ZULHAIDA LUBIS , EVAWANY YUNITA ARITONANG

---

2020

Jurnal nasional terakreditasi

## **Pemanfaatan Biji Jambu Merah Menjadi Rengginang Puji Seri**

EVAWANY YUNITA ARITONANG , SORIMUDA SARUMPAET

---

2020

Jurnal nasional terakreditasi

## **The Art of Traditional Music Performance Management to Improve Live Performance in Siponjot Village**

PERIKUTEN TARIGAN , FRIDA DELIANA , EVAWANY YUNITA ARITONANG , SETIA DARMAWAN PURBA

---

2020

Jurnal nasional terakreditasi

## **Correlation among Sodium Intake, Fat Intake, and Physical Activity with Prevalence of Hypertension in Young Adults at Arifin Achmad Regional Public Hospital, Riau**

RAHAYU LUBIS , EVAWANY YUNITA ARITONANG

---

2020

Prosiding seminar internasional

## **Utilization of Local Food to Overcome Nutritional Problems Among Toddlers in Medan Tuntungan**

EVAWANY YUNITA ARITONANG , AMIR PURBA , RAHAYU LUBIS

---

2019

Prosiding seminar internasional

## **The Relationship of Socio-economic Characteristics with Chewing Tobacco Habits of Lactating Mother in Karo District**

EVAWANY YUNITA ARITONANG , ALBINER SIAGIAN

---

2019

Jurnal nasional

## **HUBUNGAN PERAWATAN PAYUDARA DENGAN KELANCARAN PRODUKSI ASI DI WILAYAH KERJA PUSKESMAS KAHEAN KOTA PEMATANGSIANTAR**

EVAWANY YUNITA ARITONANG

---

2019

Prosiding seminar internasional

## **The Effect of Peer Counseling on Nutrition Intake and Body Weight among Lactating Mothers in Deli Serdang, North Sumatera**

Mayang Sari Ayu , EVAWANY YUNITA ARITONANG

---

2019

Prosiding seminar internasional

## **The Influence of Parents Attachments, Exposmedia, and People Following behind Behaviors in Adolescents**

EVAWANY YUNITA ARITONANG

---

2019

Jurnal internasional

## **Relationship of Teachers Role and Nutrient Intake with Obesity in Elementary School Student at Medan Maimun Sub-district, Indonesia**

ERNAWATI NASUTION , ETTI SUDARYATI , EVAWANY YUNITA ARITONANG

---

2019

Jurnal internasional

## **THE RELATIONSHIP BETWEEN SOCIAL, ECONOMY AND PEER SUPPORT WITH VEGETABLES AND FRUIT CONSUMPTION BEHAVIORS AMONG VOCATIONAL STUDENTS**

ETTI SUDARYATI , EVAWANY YUNITA ARITONANG

---

2019

Prosiding seminar internasional

## **The Influence of Sociodemography and Nutritional Knowledge of Mothers on Stunting in Kampung KB, Medan City**

ALBINER SIAGIAN , EVAWANY YUNITA ARITONANG , SORIMUDA SARUMPAET

---

2018

Jurnal internasional bereputasi

## **NUTRITIONAL KNOWLEDGE OF STUDENT ON CONSUMPTION OF VEGETABLES AND FRUITS AND THEIR RELATIONSHIP WITH MICRONUTRIENT INTAKE**

YUSNINA MAISYAROH , ALBINER SIAGIAN , EVAWANY YUNITA ARITONANG

---

2018

Jurnal nasional

## **Pengaruh Penyuluhan dengan Media Permainan Ular Tangga terhadap Pengetahuan tentang Buah dan Sayur pada Siswa MTs-S Almanar Kecamatan Hamparan Perak**

ZULHAIDA LUBIS , EVAWANY YUNITA ARITONANG

---

2018

Jurnal nasional

## **Pengaruh Penyuluhan Dengan Media Permainan Ular Tangga Terhadap Pengetahuan Tentang Buah dan Sayur Pada Siswa MTs-S Almanar Kecamatan Hamparan Perak**

EVAWANY YUNITA ARITONANG , ZULHAIDA LUBIS

---

2017

Jurnal internasional

## **Mothers education as A determinant of stunting among children of age 24 to 59 months in North Sumatera province of Indonesia**

EVAWANY YUNITA ARITONANG , ALBINER SIAGIAN

---

2017

Hasil penelitian/pemikiran yang tidak dipublikasikan

## **Uji Daya Terima Agar-Agar Kombinasi Lidah Buaya (Aloe Vera L) dengan Daun Afrika Selatan (Vernonia Amygdalina Delile)**

EVAWANY YUNITA ARITONANG

---

2016

Jurnal nasional

## **GAMBARAN KONSUMSI BUAH DAN SAYUR SERTA KONTRIBUSINYA TERHADAP KEBUTUHAN SERAT PADA NELAYAN DI PT. USAHA JAYA, PT. MAJU JAYA,...**

FITRI ARDIANI , EVAWANY YUNITA ARITONANG

---

2016

Jurnal nasional

## **FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEBIASAAN MEMBACA LABEL KEMASAN PANGAN PADA MAHASISWA FKM USU MEDAN 2015**

EVAWANY YUNITA ARITONANG , ZULHAIDA LUBIS

---

2016

Jurnal nasional

## **Analisa Pewarna dan Pemanis Buatan pada Saus Cabai Bakso Bakar dan Saus Gejrot Tahu Dangdut yang Dijajakan di Kawasan USU Tahun 2015**

ETTI SUDARYATI , EVAWANY YUNITA ARITONANG

---

2016

Jurnal internasional bereputasi

# **The relationship of food consumption and nutritional status on employee of Health Polytechnic Directorate Health Ministry Medan**

EVAWANY YUNITA ARITONANG , ERNAWATI NASUTION

---

2015

Jurnal nasional

## **Kepatuhan ibu hamil dalam mengonsumsi tablet Fe di Poli Kebidanan RSU Mitra Medika Medan**

EVAWANY YUNITA ARITONANG

---

2015

Jurnal nasional

## **Pengaruh Pola Makan dan Aktivitas Fisik terhadap Anemia Pada Siswi Atlit di SMA 9 Banda Aceh**

ERNAWATI NASUTION , EVAWANY YUNITA ARITONANG

---

2015

Jurnal nasional

## **GAMBARAN PERILAKU KELUARGA DALAM PENYEDIAAN MAKAN PADA LANSIA DI DESA AEK NABARA TONGA KECAMATAN AEK NABARA BARUMUN KABU...**

ERNAWATI NASUTION , EVAWANY YUNITA ARITONANG

---

2015

Jurnal nasional

## **HUBUNGAN POLA KONSUMSI PANGAN DENGAN TINGKAT KOLESTEROL DARAH TOTAL PADA PEGAWAI NEGERI SIPIL DI KANWIL DIREKTORAT JENDRAL...**

ERNAWATI NASUTION , EVAWANY YUNITA ARITONANG

---

2015

Jurnal internasional

## **Comparative Analysis In Body Length Of Low Birth Weight (Lbw) According To The Usage Of Exclusive Mother's Breastmilk And To The Usage Formula Milk To 0-2 Weeks At Saint Elizabeth Hospital Medan In 2011-2014**

ERNAWATI NASUTION , EVAWANY YUNITA ARITONANG

---

2015

Jurnal internasional

## **Improving Mothers' Knowledge and Child Calorie Intake through Modified Growth Chart in Deli Serdang Distric, Indonesia**

ALBINER SIAGIAN , ZULHAIDA LUBIS , EVAWANY YUNITA ARITONANG

---

2014

Jurnal nasional

## **Pengaruh Sosial Budaya dan Pola Makan terhadap Kejadian Hipertensi Pada Masyarakat Suku Alas di Wilayah Kerja Puskesmas Perawatan Kutambaru Kabupaten Aceh Tenggara**

JUMIRAH , EVAWANY YUNITA ARITONANG

---

2014

Jurnal nasional

## **Faktor-faktor yang Memengaruhi Bidan dalam Pemberian Imunisasi Hepatitis B pada Bayi Baru Lahir di Wilayah Kerja Puskesmas Pijorkoling Kota Padangsidempuan Tahun 2014**

ABDUL JALIL AMRI ARMA , EVAWANY YUNITA ARITONANG

---

2014

Hasil penelitian/pemikiran yang tidak dipublikasikan

## **Faktor Risiko yang Menyebabkan Kejadian Gizi Lebih pada Mahasiswa Fakultas Kesehatan Masyarakat Usu Tahun 2014**

EVAWANY YUNITA ARITONANG

---

# Researches

---

2023

Penelitian Fundamental

## **APLIKASI SISTEM SURVEILANS KONTROL PENULARAN TUBERKULOSIS BERBASIS GEOGRAPHIC INFORMATION SYSTEM**

EVAWANY YUNITA ARITONANG

---

2023

Penelitian Strategis Nasional

## **Aplikasi Sistem Surveilans Kontrol, Penularan Tuberkulosis Berbasis Geographic Information System**

EVAWANY YUNITA ARITONANG , BAHTERA BINDAVID PURBA

---

2022

## **Pengaruh Penggunaan Akun Kuliner di Media Instagram terhadap Pola Makan Siswa SMK Negeri 2 Binjai**

FITRI ARDIANI , ERNAWATI NASUTION , EVAWANY YUNITA ARITONANG

---

2021

Ipteks Bagi Masyarakat

## **Survei Penerimaan dan Fokus Perhatian Masyarakat Terhadap Program Vaksinasi Covid-19 oleh Pemerintah, Tahun 2021**

LINA TARIGAN , EVAWANY YUNITA ARITONANG

---

2019

Penelitian Kompetensi

## **analisa faktor risiko tuberkulosis paru pada penderita diabetes melitus**

SORIMUDA SARUMPAET , EVAWANY YUNITA ARITONANG

---

2019

Penelitian Fundamental

## **Analisa Faktor Risiko Kejadian Stunting Di Kampung KB Kota Medan**

ALBINER SIAGIAN , SORIMUDA SARUMPAET , EVAWANY YUNITA ARITONANG

---

2018

Penelitian Fundamental

## **Hubungan Asupan Tembakau Kunyah dan Konsumsi Pangan dengan Produksi dan Kualitas ASI serta kadar Hb pada Ibu Nifas di Kabupaten Karo**

ALBINER SIAGIAN , EVAWANY YUNITA ARITONANG

---

2017

Penelitian Fundamental

## **Hubungan Asupan Tembakau Kunyah dan Konsumsi Pangan dengan Pertambahan Berat Kehamilan, Tinggi Fundus Uteri, Tekanan Darah, dan Kadar Hemoglobin pada Ibu Hamil di Kecamatan Bangun Purba Kabupaten Simalungun**

ALBINER SIAGIAN , EVAWANY YUNITA ARITONANG

---

2017

Penelitian Kompetensi

## **Hubungan konsumsi rokok dan alkohol, konsumsi pangan dan aktifitas fisik dengan risiko osteoporosis dan anemia pada tenaga kerja di Kawasan industri medan**

ALBINER SIAGIAN , EVAWANY YUNITA ARITONANG

---

# Community Services

---

2024

Ipteks Bagi Masyarakat

## **Pemberdayaan Remaja Putri dengan Edukasi Gizi dan Monitoring Konsumsi Tablet Besi Sebagai Upaya Pencegahan Stunting Generasi Masa Depan**

2023

Ipteks Bagi Masyarakat

### **Percepatan Penurunan Stunting Dengan Pemberdayaan Kader Posyandu Dan Aparat Desa Dalam Pemantauan Status Gizi Dan Pemberian Makanan Tambahan Ibu Hamil**

MAULY PURBA , EVAWANY YUNITA ARITONANG , ETTI SUDARYATI , SONDANG PINTAULI

2023

Ipteks Bagi Masyarakat

### **PEMBERDAYAAN DAN PENDAMPINGAN KOMUNITAS PENYANDANG DISABILITAS DALAM MEMELIHARA KESEHATAN GIGI MULUT PADA SLB DI PROVINSI SUMATERA UTARA**

MAULY PURBA , EVAWANY YUNITA ARITONANG , JENNY MARLINDAWANI PURBA , SONDANG PINTAULI

2022

Ipteks Bagi Masyarakat

### **Peningkatan Kapasitas Ibu Balita Dalam Upaya Pencegahan Gangguan Tumbuh Kembang Pada Balita Melalui Terapi Kelompok Terapeutik di Wilayah Kerja Puskesmas Hamparan Perak Kabupaten Deli Serdang**

EVI INDRIANI BR KARO , EVAWANY YUNITA ARITONANG , JENNY MARLINDAWANI PURBA

2022

Ipteks Bagi Masyarakat

### **EDUKASI GIZI DENGAN METODE EDUTAINMENT UNTUK MENINGKATKAN PERILAKU HIDUP BERSIH DAN SEHAT DI MASA PANDEMI COVID 19**

ALBINER SIAGIAN , EVAWANY YUNITA ARITONANG

2022

### **PENDIDIKAN KARAKTER DENGAN MENANAMKAN PERILAKU DAN BUDAYA HIDUP SEHAT PADA SISWA SMA NEGERI 1 SIMANINDO DESA AMBARITA KECAMATAN SIMANINDO KAB. SAMOSIR**

MAULY PURBA , EVAWANY YUNITA ARITONANG , EKA DANTA JAYA GINTING , SONDANG PINTAULI

2022

Ipteks Bagi Masyarakat

### **Upaya Pengurangan Gangguan Mental dan Emosional melalui Penguatan Komunitas di Lingkungan Remaja Indonesia dan Malaysia**

T SABRINA , EVAWANY YUNITA ARITONANG , SRI FAJAR AYU, SP, MM, DBA , DESTANUL AULIA , MEUTIA NAULY

2021

Kerjasama Luar Negeri dan Publikasi Internasional

### **Implementation Of Health Education Module On Reducing Depression, Anxiety and Stress Among Adolescents (Implementasi Modul Pendidikan Kesehatan Remaja Untuk Mengurangi Depresi, Kecemasan dan Stres Pada Remaja di sektor Perkebunan Pada Kondisi Pandemi Covid di Malaysia dan Indonesia)**

T SABRINA , EVAWANY YUNITA ARITONANG , SRI FAJAR AYU, SP, MM, DBA , DESTANUL AULIA

2019

Ipteks Bagi Kewirausahaan

### **Pemanfaatan Biji Jambu Merah Menjadi Rengginang Puji Seri**

SORIMUDA SARUMPAET , EVAWANY YUNITA ARITONANG

2017

Ipteks Bagi Masyarakat

### **Nugget Ampas Tahu Yang Diperkaya Ulut Sagu Sebagai Diet Untuk Balita Gizi Kurang**

FITRI ARDIANI , EVAWANY YUNITA ARITONANG

## **Intellectual Property Rights**

Paten nasional

## **Sistem Deteksi Risiko Penularan Tuberkulosis Berbasis Pemetaan Online**

EVAWANY YUNITA ARITONANG , BAHTERA BINDAVID PURBA

---

2023

Paten nasional

## **Proses pembuatan mie basah tinggi serat dan betakaroten dari substitusi tepung mocaf, labu kuning dan ubi jalar kuning**

EVAWANY YUNITA ARITONANG

---

2023

Paten nasional

## **Sistem Surveilans Kontrol Penularan Tuberkulosis Berbasis Geographic Information System Di Wilayah Spatial Dataran Rendah**

BAHTERA BINDAVID PURBA , EVAWANY YUNITA ARITONANG

---

2023

Paten nasional

## **Nasi Gurih Ubi Jalar Ungu dengan Kandungan Betakaroten dan Serat Tinggi**

EVAWANY YUNITA ARITONANG , R KINTOKO ROCHADI

---

2019

Paten nasional

## **Komposisi nugget terbuat dari bahan dasar ampas tahu dan ulat kelapa (rhyncbophorus ferruginenus)**

EVAWANY YUNITA ARITONANG , FITRI ARDIANI

---

2019

Paten nasional

## **Produk pangan yang terbuat dari campuran tepung beras dan tepung ubi jalar ungu dengan perbandingan 1:1 untuk pencegahan penyakit obesitas dan kenaikan gula darah secara cepat**

EVAWANY YUNITA ARITONANG , EVI NARIA , AINUN ROHANAH

---