

Hubungan obesitas sentral terhadap kejadian hipertensi stage 1 di pos pembinaan terpadu penyakit tidak menular kota Padang Panjang tahun 2011 (berdasarkan studi technical need assesment for prevention and control of diabetes in community based intervention, kemenkes tahun 2011)

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Abstrak

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Prevalensi hipertensi terus meningkat tajam, WHO memprediksi pada tahun 2025, sekitar 29% orang dewasa di seluruh dunia menderita hipertensi. Hipertensi telah mengakibatkan kematian sekitar 8 juta orang setiap tahun. Survei Riskesdas 2007 menunjukkan prevalensi hipertensi pada penduduk umur 18 tahun ke atas di Indonesia adalah sebesar 31,7%. Hipertensi stage 1 sebagai fase awal perlu ditemukan secara dini. Direkomendasikan untuk mencegah dan mengatasi hipertensi dengan diet sehat, aktivitas fisik teratur, menghindari konsumsi alkohol, mempertahankan berat badan dan lingkaran pinggang ideal, serta hidup di lingkungan bebas asap rokok. Program pengendalian penyakit hipertensi perlu melakukan upaya pencegahan dan pengendalian agar tekanan darah tidak berlanjut menjadi tinggi dan mencegah komplikasi lebih lanjut.

Penelitian ini bertujuan untuk mengetahui hubungan obesitas sentral terhadap kejadian Hipertensi stage 1 di Posbindu Kota Padang Panjang. Penelitian menggunakan desain Cross Sectional Analitik, terhadap data sekunder kegiatan skrining Pengendalian Penyakit Tidak Menular (PPTM) Direktorat PTM, Ditjen PP-PL, Kemenkes RI tahun 2011. Responden dalam penelitian ini berusia 18-64 tahun. Analisis data menggunakan analisis stratifikasi dan multivariat cox regression. Dari hasil analisis data diperoleh prevalensi Hipertensi stage 1 sebesar 25,1% dan obesitas sentral sebesar 59,7%.

Hasil analisis multivariat menunjukkan bahwa orang dengan obesitas sentral (Waist Circumference/WC laki-laki > 90 cm, dan perempuan > 80 cm) berisiko 1,5 kali (PR = 1,446; 95% CI 0,897 ? 2,329) terhadap kejadian Hipertensi stage 1 setelah di kontrol variabel umur, jenis kelamin, status pekerjaan, tingkat pendidikan dan stress. Kegiatan deteksi dini melalui skrining di Posbindu terutama pada orang yang obesitas sentral akan menjaring kasus hipertensi stage 1 (fase awal penyakit hipertensi). Pola hidup sehat, pengendalian stress dan mencegah terjadinya obesitas diharapkan menurunkan angka kejadian hipertensi stage 1.

The Prevalence of hypertension tends to be increase, WHO predict in 2025, approximately 29% adults all around the world suffer hypertension. Hypertension caused death approximately 8 million people every year. Basic Health Survey in 2007 showed the prevalence of hypertension in community age above 18 year old were 31,7%. Hypertension stage 1 due to initial phase should to be found earlier. Recommended to prevent and control hypertension with healthy diet, regular physical activities, avoid alcohol consumption, maintaining ideal body weight and waist circumtances, and life in the smoke free enviroment. Hypertension programme control integrated in prevention and control effort to prevent progressing blood tension higher and the complication.

The objectives of this study was to investigate the association between abdominal obesity and Hypertension stage 1 in Posbindu Padang Panjang. This is a cross sectional study, utilized the data from the result of screening by Directorate NCDC Directorate General DC & EH Ministry of Health, Republic of Indonesia. The inclusion criteria was Padang Panjang resident whom their ages 18-64

years. The data analysis was performed with stratification and cox regression multivariate analysis. The results of study showed the prevalence of Hypertension stage 1 was 25,1%, meanwhile the prevalence of abdominal obesity was 59,7%.</p><p>The result of multivariate analysis showed that the people with abdominal obesity (waist circumference man> 90 cm and women> 80 cm) had 1,5 risk to get Hypertension stage 1 compared to the people who did not, after controlling for covariates, age, sex, working status, education level, and stress level (PR= 1,446; 95% CI: 0,897-2,329). Early detection and screening in Posbindu NCDC specially people with abdominal obesity become one of the strategies as the early detection of people with Hypertension stage 1. Healthy life style, controlling stress level and prevent the obesity expected to reduce the prevalence of Hypertension stage 1.</p>