

Dislipidemia pada lanjut usia di kota Padang

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Abstrak

Penyakit kardiovaskular telah menjadi penyebab kematian utama di Indonesia dan prevalensi yang tinggi didapatkan pada kelompok lanjut usia. Studi mengenai hubungan antara dislipidemia dan penyakit kardiovaskular pada kelompok lanjut usia masih jarang dilakukan di Indonesia. Informasi mengenai hubungan dislipidemia dengan penyakit kardiovaskular sangat diperlukan agar para pengelola program dapat menyusun program penanggulangan penyakit kardiovaskular yang lebih tepat. Tujuan utama dari studi ini adalah mengetahui prevalensi dislipidemia pada kelompok lanjut usia di kota Padang, daerah terhadap 205 responden lanjut usia di kota Padang. Pengambilan sampel menggunakan metode multistage random sampling. Pengumpulan data dilakukan dengan wawancara menggunakan kuesioner terstruktur pengukuran antropometri, pengukuran kadar lemak darah dan pengukuran tekanan darah. Analisa data menggunakan SPSS program versi 7.5. Hasil penelitian menunjukkan prevalensi dislipidemia yang tinggi, yaitu lebih dari 50% (total kolesterol > 240 mg/dl dan LDL kolesterol > 160 mg/dl). Rasio total kolesterol terhadap HDL kolesterol yang tinggi (> 5), didapatkan pada 47.6% populasi penelitian. Penyuluhan kesehatan terhadap kelompok lanjut usia agar menekankan pada pemilihan makan sehat dan pentingnya menjaga aktivitas fisik yang memadai yang mempunyai efek proteksi terhadap dislipidemia. Pemeriksaan kadar lemak darah secara teratur perlu dilakukan sebagai deteksi dini faktor penyakit kardiovaskular.

Cardiovascular disease has become the first cause of death. Highest morbidity is found in the elderly. Many studies on the relationship between dyslipidemia and cardiovascular disease has been done, however studies on prevalences of dyslipidemia among the elderly in Indonesia are lacking. Therefore, there is an urgent need to obtain information on dyslipidemia in the Indonesia elderly, which will allow the policy makers to provide appropriate intervention programs against cardiovascular diseases. The primary purpose of this study was to observe prevalence of dyslipidemia among the aged in Padang, an area with high prevalence of cardiovascular diseases. A cross sectional study was undertaken in Padang with a total sample of 205 elderly using multistage random sampling. Subjects were recruited from free living elderly population. Data were collected through interviews using structured questionnaires, anthropometric measurements, biochemical blood analysis, and blood pressure measurements. Data were analyzed by using SPSS programs for Windows version 7.5. Prevalence of dyslipidemia (hypercholesterolemia and LDL-cholesterolemia) found in the study was quite high, more than 50 of the study population. The ration of total cholesterol to HDL cholesterol (> 5) was also quite high in the study population (47.6%). Nutrition education to elderly group should emphasize healthy nutrients with protecting effect against dyslipidemia. Suggestion for proper physical activity as a protecting factor against hypertension is very important for the elderly. Regular checking of plasma lipid should be conducted for early detection of cardiovascular disease risk factors. Future studies should be directed on public health and nutrition intervention to the elderly community.