

Prevalens dan faktor-faktor yang berhubungan dengan timbulnya small dense low density lipoprotein pada remaja obes = prevalens of occurrence small dense low density lipoprotein in obes adolescent and its related factors

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Abstrak

[ABSTRAK

Latar Belakang. Obesitas pada anak merupakan masalah kesehatan global. Small dense low density lipoprotein (sdLDL) merupakan salah satu faktor risiko kejadian penyakit kardiovaskular. Peningkatan sdLDL sebagai manifestasi dislipidemi pada remaja dapat terus berlanjut pada usia dewasa dan menyebabkan morbiditas dan mortalitas yang lebih tinggi. Penyebab timbulnya sdLDL pada remaja multifaktor.

Tujuan. Mengetahui prevalens sdLDL dan faktor-faktor yang memengaruhi timbulnya sdLDL pada remaja siswa sekolah menengah pertama di Jakarta.

Metode. Studi potong lintang pada 97 anak usia 12-15 tahun siswa SMP di Jakarta Pusat pada periode Juni-Juli 2012 dan April-Mei 2014 di Jakarta Timur. Pada subjek penelitian dilakukan pemeriksaan berat badan, tinggi badan, indeks massa tubuh (IMT), massa lemak tubuh (MLT), tekanan darah dan pemeriksaan darah sdLDL. Kriteria obesitas menggunakan IMT P95 berdasarkan usia dan jenis kelamin. Massa lemak tubuh diukur menggunakan Tanita Inner Scan Body Composition Monitor tipe BC-545.

Hasil dan pembahasan. Sebanyak 97 remaja obes diikutsertakan dalam penelitian. Prevalens sdLDL terjadi sebanyak 17,2 %. Terdapat hipertensi sebanyak 26,8 %, IMT pada nilai 30-39,9 sebanyak 51,5 % , MLT pada > P98 67 % dan lingkar pinggang > P90 52,5 %. Pada analisis bivariat dengan uji Mann-Whitney dan Kai-kuadrat tidak didapatkan hubungan antara sdLDL dengan faktor-faktor di atas

Simpulan. Prevalens sdLDL pada remaja obes ditemukan sebesar 17,2 %. Tidak ditemukan hubungan antara sdLDL dengan IMT, tekanan darah, MLT dan lingkar pinggang.

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ABSTRACT

Background. Childhood obesity is a global health problem. Plasma concentrations of small dense sdLDL are associated with the prevalence of atherosclerosis events. Atherosclerosis has already started to develop in childhood and adolescent obese. Increased sdLDL in adolescent to adult can cause higher morbidity and mortality. Contributing factors of sdLDL in adolescent are multifactorial.

Objectives. To know the prevalence of sdLDL in obese adolescents and the affecting factors, such as body mass index, body fat mass, blood pressure and waist circumference.

Methods. This was a cross-sectional study performed in obese adolescents, aged 12-15 years old, in several junior high schools in Central and East Jakarta, from May to June 2012 and April to Mei 2014. Physic examination was performed, including body mass index, body fat mass, blood pressure and waist circumference. and sd LDL as a blood examination.. Body mass index with the percentile 95 according to age and gender was used for obesity criteria, body fat mass was calculated using Tanita Inner Scan Body Composition Monitor Type BC-545.

Results. Of 97 obese adolescents in this study, sdLDL was found in 17,2 % subjects. The prevalence of each factors was 26,8 % hypertension, 51,5 % for body mass index at 30-39,9, 67 % for body fat mass >P98 and 52,5 % for central obesity P>P99. Based on bivariate analyse, such as Mann-Whitney and Kai-Kuadrat, there were no correlation between sdLDL and it's factors.

Conclusion. sdLDL has a prevalence of 17,2 % in obese adolescent in this study, with no association found between body mass index, body fat mass, blood pressure and waist circumference.;Background. Childhood obesity is a global health problem. Plasma concentrations of small dense sdLDL are associated with the prevalence of atherosclerosis events. Atherosclerosis has already started to develop in childhood and adolescent obese. Increased sdLDL in adolescent to adult can cause higher morbidity and mortality.

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