

Hubungan kebiasaan makan makanan berlemak dan faktor-faktor lainnya dengan risiko obesitas pada penerbang sipil di Indonesia = Eating fatty foods habit and other risk factors of obesity among civilian pilots in Indonesia / Tessa Apriestha

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Abstrak

[ABSTRAK

Latar Belakang: Obesitas dapat mengganggu kesehatan dan mempengaruhi penerbang dalam menjalankan tugasnya. Tujuan penelitian ini untuk mengidentifikasi faktor-faktor yang berhubungan dengan risiko obesitas pada penerbang sipil di Indonesia.

Metode: Studi potong lintang dengan sampel purposif pada penerbang sipil yang sedang melakukan pemeriksaan kesehatan berkala di Balai Kesehatan Penerbangan pada tanggal 18-29 Mei 2015. Data yang dikumpulkan meliputi faktor demografi, pekerjaan, sosial, genetik, pengetahuan, sikap dan perilaku. Data dikumpulkan dengan wawancara dan pengukuran antropometri. Analisis menggunakan regresi Cox dengan waktu konstan.

Hasil: Dari 690 penerbang, 428 subjek bersedia menjadi responden. Subjek terpilih untuk dianalisis berjumlah 259 penerbang terdiri dari 184 obesitas dan 75 subjek dengan berat badan normal. Dibandingkan subjek dengan kebiasaan hampir tidak pernah makan makanan berlemak, subjek dengan kebiasaan makan makanan berlemak 3-4 kali per minggu berisiko obesitas 6,3 kali lipat [risiko relatif suaian (RRa)=6,28; 95% interval kepercayaan (CI)=1,55-25,46; p=0,010], sedangkan pada subjek dengan kebiasaan makan makanan berlemak hampir setiap hari berisiko obesitas 6 kali lipat (RRa=6,04; CI=1,43-25,54; p=0,014). Selanjutnya, jika dibandingkan dengan subjek yang memiliki 16-1499 jam terbang total, subjek yang memiliki 1500-4999 jam terbang total berisiko 18% lebih tinggi obesitas (RRa=1,18; 95% CI=1,01-1,39; p=0,038) dan subjek yang memiliki 5000-28000 jam terbang total berisiko 39% lebih tinggi obesitas (RRa=1,39; 95% CI=0,99-1,93; p=0,052).

Simpulan: Kebiasaan makan makanan berlemak 3 kali atau lebih per minggu dan jam terbang total 1500 jam atau lebih meningkatkan risiko obesitas pada penerbang sipil di Indonesia.

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ABSTRACT

Background: Obesity can interfere and affect the health of pilots in performing their duties. The purpose of this study was to identify factors associated with the risk of obesity among civilian pilots in Indonesia.

Methods: Cross-sectional study was done with purposive sampling among civilian

pilots undergoing periodic medical examinations at Civil Aviation Medical Center on May 18-29th, 2015. Data collected were demographic, occupation, social, genetic, knowledge, attitudes and behavior factors. Data were collected through interviews and anthropometric measurements. Data analysis used Cox regression with constant time.

Results: There were 690 pilots eligible for this study, 428 subjects were willing to become respondents. The subject chosen for analysis amounted to 259 pilots, with 184 pilots were obese and 75 had normal BMI. Compared with pilots who rarely consumed fatty foods, pilots who ate fatty foods 3-4 times/week had 6.3-fold risk of obesity [adjusted relative risk (RRa)=6.28; 95% confidence interval (CI)=1.55-25.46; p=0.010], whereas the pilots who ate fatty foods almost everyday had 6-fold risk of obesity (RRa=6.04; CI=1.43-25.54; p=0.014). Furthermore, when compared to pilots with 16-1499 total flight hours, pilots with 1500-4999 total flight hours had 18% higher risk of obesity (RRa=1.18; 95% CI=1.01-1.39; p=0.038) and pilots with 5000-28000 total flight hours had 39% higher risk of obesity (RRa=1.39; 95% CI=0.99-1.93; p=0.052).

Conclusions: Eating fatty foods habit 3 times/week or more and 1500 or more of total flight hours increased the risk of obesity among civilian pilots in Indonesia, Background: Obesity can interfere and affect the health of pilots in performing their duties. The purpose of this study was to identify factors associated with the risk of obesity among civilian pilots in Indonesia.

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