

# Kebiasaan makan lemak dan faktor lainnya terhadap risiko hiperkolesterolemia pada pilot sipil di Indonesia = Eating fatty food habits and other factors and risk of hypercholesterolemia among civilian pilots in Indonesia

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## Abstrak

Latar belakang : Hiperkolesterolemia antara lain menjadi faktor risiko penyakit jantung koroner dan komplikasinya dapat menyebabkan inkapasitasi pada pilot. Tujuan penelitian ini adalah mengidentifikasi hubungan kebiasaan makan lemak dan faktor lainnya terhadap risiko hiperkolesterolemia pada pilot sipil di Indonesia.

Metode : Penelitian menggunakan metode potong lintang dengan sampel purposif pada pilot sipil di Balai Kesehatan Penerbangan Jakarta tanggal 18-29 Mei 2015. Karakteristik demografi, pekerjaan, kebiasaan diperoleh melalui wawancara. Data kolesterol total diperoleh dari laboratorium yang telah dikalibrasi. Kategori kolesterol total dibagi dua yaitu hiperkolesterolemia ( $> 240 \text{ mg/dl}$ ) dan normal ( $< 200 \text{ mg/dl}$ ). Analisis menggunakan risiko relatif yaitu regresi Cox dengan waktu konstan.

Hasil : Di antara 690 pilot yang melakukan pemeriksaan medis, 428 subjek bersedia mengikuti penelitian. Subjek yang diikutsertakan dalam analisis sebanyak 327 pilot, 12,3% memiliki hiperkolesterolemia dan 87,7% memiliki kadar kolesterol normal. Subjek dengan kebiasaan makan lemak hampir setiap hari dibandingkan hampir tidak pernah berisiko 3,8 kali lipat lebih besar hiperkolesterolemia [risiko relatif suaian (RRa)=3,78;  $p=0,223$ ]. Subjek dengan usia 50-65 tahun dibandingkan dengan 19-34 tahun berisiko 1,8 kali lipat lebih besar hiperkolesterolemia (RRa=1,82;  $p=0,103$ ). Selanjutnya subjek dengan riwayat hiperkolesterolemia dibandingkan tanpa riwayat hiperkolesterolemia berisiko 2,1 kali lipat lebih besar hiperkolesterolemia (RRa=2,13;  $p=0,118$ ).

Simpulan : Kebiasaan makan lemak hampir tiap hari, usia 50 tahun atau lebih, riwayat keluarga hiperkolesterolemia dalam keluarga meninggikan risiko hiperkolesterolemia di antara pilot sipil di Indonesia.

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Background : Hypercholesterolemia becoming one of a risk factor for coronary heart disease and complications may cause the pilots incapacitation. The purpose of this study was to identify eating fatty food habits and other factors and the risk of hypercholesterolemia in civilian pilots in Indonesia.

Methods : A cross sectional study with purposive sampling was conducted in civilian pilots at Indonesian Aviation Medical Center in Jakarta from 18-29 May, 2015. Demographic characteristics, employment, habits was obtained through interviews. Total cholesterol data obtained from laboratory test had been calibrated. Category of cholesterol total was divided into hypercholesterolemia ( $> 240 \text{ mg/dl}$ ) and normal ( $< 200 \text{ mg/dl}$ ). Analysis using risk relative by Cox regression with a constant time.

Result : Among the 690 pilots who conducted medical examination, 428 subjects agree to join the study. This analysis included 327 pilots, 12.3% had hypercholesterolemia, and 87.7% normal cholesterol levels. The subjects who had eating fatty food habits almost every day compared to almost never, had 3.8 fold higher risk to be hypercholesterolemia [adjusted relative risk (RRa)=3.78;  $p=0.223$ ]. The subject aged of 50-

65 years compared to 19-34 years, had 1.8 fold higher risk to be hypercholesterolemia (RR<sub>a</sub>=1.82; p=0.103). Furthermore, subjects with a family history of hypercholesterolemia compared with no family history, had 2.1 fold higher risk to be hypercholesterolemia (RR<sub>a</sub>=2.13; p=0.118).

Conclusions : Having eating fatty food habits almost every day, age 50 and over, history of hypercholesterolemia elevate the risk of hypercholesterolemia.