

Prehipertensi pada obesitas abdominal

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Abstrak

Prehipertensi banyak terjadi pada penderita obesitas abdominal. Prevalensi obesitas abdominal di Kabupaten Gresik sebesar 21,5%. Kepatuhan diet penderita prehipertensi dengan obesitas abdominal diperlukan untuk mengurangi risiko terjadinya hipertensi. Prehipertensi dan hipertensi berhubungan dengan pelbagai komplikasi pada hampir seluruh organ. Penelitian ini bertujuan untuk menganalisis determinan prehipertensi pada obesitas abdominal di Kabupaten Gresik. Penelitian ini dilaksanakan di Kabupaten Gresik pada November 2013 - November 2014 dengan rancangan penelitian potong lintang. Responden adalah pasien yang datang ke unit rawat jalan puskesmas yang diambil secara konsekutif sejumlah 74 orang. Responden berusia antara 25 - 64 tahun, mengalami obesitas abdominal, tidak hamil, tidak hipertensi, dan tidak syok. Responden diwawancarai usia, jenis kelamin, pendidikan, aktivitas fisik, kebiasaan merokok, riwayat keluarga, dan kebiasaan makan serta diperiksa tekanan darah, kadar kolesterol total, LDL, HDL, trigliserida, dan gula darah puasa. Analisis data dilakukan secara univariat dan bivariat dengan uji kai kuadrat serta multivariat dengan regresi logistik ganda. Prevalensi prehipertensi pada obesitas abdominal sebesar 62,2%. Jika dibandingkan menurut jenis kelamin, laki-laki banyak mengalami prehipertensi. Kadar trigliserida berhubungan secara signifikan dengan prehipertensi ($PR = 4,620$; 95% CI = 1,439 - 14,831; nilai $p = 0,010$). Intervensi untuk mencegah prehipertensi perlu dilakukan sejak dini dengan memodifikasi gaya hidup orang dengan obesitas abdominal.

<hr>Prehypertension commonly happened to people suffering abdominal obesity. The abdominal obesity prevalence in Gresik District was 21.5%. Dietary compliance of patients with prehypertension and abdominal obesity was needed to decrease hypertension risk. Prehypertension and hypertension correlate with various complications in almost organs. This study aimed to Prehipertensi pada Obesitas Abdominal Prehypertention among Abdominal Obesity Lia Churniawati, Santi Martini, Chatarina Umbul Wahyuni analyze prehypertension determinants among abdominal obesity as conducted on November 2013 - November 2014 using cross sectional design. Respondents were patients coming to primary health care's outpatient unit as 74 people taken consecutively. They were 25 - 64 years old, suffering abdominal obesity, not getting pregnant, non-hypertensive and not in a shock. Respondents were interviewed regarding age, sex, education, physical activities, smoking habits, family records and eating habits as blood pressure and levels of total cholesterol, LDL, HDL, triglyceride and fasting blood glucose measured. Data analysis applied univariate, bivariate with chi square test and multivariate with multiple logistic regressions. The prehypertension prevalence among abdominal obesity was 62.2%. If compared based on sex, males have more prehypertension experience. Triglyceride levels significantly related to prehypertension ($PR = 4.620$; 95% CI = 1.439 - 14.831; p value = 0.010). Intervention to prevent prehypertension should be implemented since early by modifying lifestyle of people suffering abdominal obesity.