Dinamika perubahan indeks massa tubuh dan tekanan darah pada wanita pasca menopause di Kota Bogor, tahun 2011-2014 = The Dynamics of change in body mass index and blood pressure in postmenopausal women in Bogor on 2011-2014

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Abstrak

ABSTRAK
Disertasi ini menilai dinamika perubahan IMT dan tekanan darah pada wanita pasca menopausedi Kota Bogor, dengan desain studi longitudinal dan kualitatif. Analisis data panel dilakukanpada data sekunder dari ldquo;Studi Kohor Faktor Risiko Penyakit Tidak Menular rdquo; dengan follow up2. Hasil penelitian pada wanita pasca menopause antara lain prevalensi hipertensi 66,1 daninsiden rate 5 kasus per 100 orang-tahun. Model fixed effect menemukan hubungan bermaknaantara perubahan IMT dengan perubahan sistolik dan diastolik. Dinamika IMT dengan sistolikdengan R2 within 2 . Setelah disesuaikan dengan tingkat aktifitas fisik, peningkatan 1 kg beratbadan pada normotensi telah meningkatkan tekanan darah sistolik 1,5 mmHg dan diastolik 0,9mmHg, pada hipertensi terkendali sistolik 2,7 mmHg dan diastolik 1,3 mmHg, pada hipertensitidak terkendali sistolik 3,7 mmHg dan diastolik 1,3 mmHg. Setelah disesuaikan dengan derajatmerokok, penurunan dinamika IMT 1 telah menurunkan sistolik sekitar 2-3 mmHgdibandingkan IMT stabil. Trigliserida berpotensi menjadi marker lipid baru, sedangkan faktorpsikososial dan merokok berkontribusi pada pengendalian hipertensi.
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ABSTRACT
This study aims at evaluating the dynamics of change in BMI and blood pressure ofpostmenopausal women in Bogor by using both longitudinal data and qualitative study.Analyzing the 2 years follow up panel data of A Cohort Study of Non Communicable Diseases rsquo Risk Factors rdquo , this study showed that the prevalence of hypertension in postmenopausal womenis 66.1 , while the incidence rate reaches 5 cases per 100 person years. The fixed effectestimations confirmed that changes in systolic and diastolic pressure would follow changes inBMI. Moreover, after controlling with a physical activity, this study still found that there isstrong correlation between dynamics of BMI and systolic pressure, Normotensive patientsexperienced 1 kg of weight gain will increase their systolic pressure by 1.5 mmHg, theirdiastolic pressure by 0.9 mmHg. Furthermore, patients with under controlled hypertension whoare experienced 1 kg of weight gain will increase their systolic pressure by 2.7 mmHg, diastolicpressure by 1.3 mmHg. In contrast, patients with uncontrolled hypertension would have highersystolic pressure 3.7 mmHg and diastolic pressure around 1.3 mmHg. By controlling smokingactivity, 1 reduction in dynamic BMI would lower a systolic pressure as much as 2 3 mmHgcompared to a stabilized BMI. Other findings of this study are that triglyceride serves apotential of new lipid marker,while psychosocial factors and smoking behavior could contributeto controlled hypertension.