

Hubungan trigliserida, indikator antropometri, dan asupan lemak dengan APOB 48 pada perempuan penyandang obesitas untuk pengembangan indeks risiko obesitas = Association of triglyceride, anthropometry indicator, and fat intake with apob 48 among obese women for development obesity risk factor index

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Abstrak

Peningkatan Apolipoprotein B-48 sebagai marker kilomikron remnan lebih akurat mengenali penebalan tunika intima media arteri, bahkan pada kadar trigliserida normal. Sayangnya, pemeriksaan ini mahal untuk diaplikasikan dalam praktek sehari-hari. Oleh sebab itu, penelitian ini bertujuan membentuk sebuah indeks risiko obesitas yang setara dengan nilai ApoB-48 namun lebih murah untuk diaplikasikan. Sebanyak 94 wanita, usia 19-50 tahun dengan IMT $\geq 25 \text{ kg/m}^2$ bergabung dalam penelitian kroseksional ini. Indeks risiko obesitas dibentuk melalui 2 fase, fase pertama adalah mencari hubungan antara faktor risiko obesitas pemeriksaan antropometri, asupan lemak polyunsaturated, monounsaturated, saturated, trans fatty acids, kolesterol dan kadar trigliserida terhadap ApoB-48. Asupan lemak dianalisis dengan recall 2x24 jam. Tahap berikutnya adalah pembentukan indeks. Fase ini dibagi atas membuat short list kuesioner untuk asupan, validasi short list kuesioner untuk asupan, setelah itu mencari hubungan antara skor indeks dengan ApoB-48. Semakin tinggi skor maka semakin tinggi ApoB-48. Sebagian besar subyek memiliki asupan lemak total, saturated fat, dan kolesterol di atas nilai rekomendasi 56,9 18,6 g vs 22.8 9.61 g vs 260.7 165.1 mg . ApoB-48 secara signifikan berhubungan dengan trigliserida $B = 0.40$, 95 CI= 0.02, 0.07, $p < 0.05$. Elevated level of Apolipoprotein B 48 as a marker of chylomicron remnants is shown to be more accurate than triglyceride in predicting higher intimal media artery thickness, even in normal triglycerides subject. However, this assesment is expensive to be routinely applied in health care practice. Therefore, we developed an easy and economical obesity risk factor index that is expected to be equivalent with apoB 48 marker. A cross sectional study was carried out enrolling 94 healthy obese women aged 19 50 y.o with body mass index of $\geq 25 \text{ kg m}^2$. Obesity risk factor index was developed in two phases. The first phase was to determine the association between risk factor of obesity anthropometric measurement, dietary fat intake polyunsaturated, monounsaturated, saturated, trans fatty acids, cholesterol , and triglyceride level with apoB 48 value. The second phase was to develop an obesity risk factor index. Dietary fat were assessed by 2 repeated 24 hour recall. Only triglycerides level and cholesterol intake showed association with apoB 48. Later, development phase of the index was divided into development of short list questionairre intake, validation of short list cholesterol intake, and association analysis score of obesity risk factor index with ApoB 48. Higher total risk factor score indicates an increment ApoB 48 level. The majority of subject had total fat, saturated fat, and cholesterol intake above the recommended value 56,9 18,6 g vs 22.8 9.61 g vs 260.7 165.1 mg . A significant positive correlation was found in total score of the obesity risk factor index with ApoB 48 coefficient correlation 0.48, $p < 0.05$.