

# Sindrom metabolik sebagai risiko Terhadap terjadinya penyakit jantung koroner : studi Kohort Retrospektif IFLS 2007-2014 = Metabolic syndrome as a risk for coronary heart disease : Retrospective Cohort Study IFLS 2007-2014

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## Abstrak

Indonesia memiliki beban yang serius terhadap penyakit kardiovaskular, terutama PJK. Di Asia Tenggara, Indonesia memiliki angka kematian tertinggi akibat penyakit jantung. Prevalensi PJK berbasis diagnosis dokter tidak mengalami kenaikan, meski begitu, berdasarkan data Riskesdas 2013-2018, terjadi kenaikan terhadap prevalensi faktor risiko PJK. Beberapa faktor risiko PJK yang terjadi bersamaan menyebabkan sindrom metabolik, prevalensinya cukup tinggi di Indonesia dan meningkatkan risiko PJK. Tujuan penelitian ini adalah untuk mengetahui besar risiko sindrom metabolik terhadap terjadinya PJK di Indonesia. Penelitian ini menggunakan desain kohort retrospektif, dengan median masa pengamatan 6,8 tahun, data skunder IFLS4 tahun 2007 dan IFLS5 tahun 2014 pada 6.571 responden usia 40-69 tahun. Hasil penelitian mendapatkan prevalensi sindrom metabolik 20%, berdasarkan kriteria Joint Interim Statement. Kasus baru PJK 2,72%, dengan insiden rate 34 per 100.000 orang tahun. Analisis multivariat dengan uji cox regression mendapatkan HR 2,16 (95% CI 1,564-2,985), bahwa seseorang dengan sindrom metabolik memiliki risiko dua kali lebih tinggi untuk mengalami PJK dibanding tanpa sindrom metabolik setelah mengontrol variabel jenis kelamin, umur, status merokok, dan aktivitas fisik.

.....Indonesia has a serious burden of cardiovascular disease, especially CHD. In Southeast Asia, Indonesia has the highest death rate from heart disease. The prevalence of CHD based on doctor's diagnosis did not increase, however, based on the Riskesdas 2013-2018, there was an increase in the prevalence of CHD risk factors. Several risk factors for CHD that occur together cause metabolic syndrome, the prevalence is quite high in Indonesia and increases the risk of CHD. The purpose of this study was to determine the risk of metabolic syndrome on the incidence of CHD in Indonesia. This retrospective cohort study, was followed up for a median of 6.8 years, secondary data from IFLS4 in 2007 and IFLS5 in 2014, population study 6,571 respondents, aged 40-69 years. The results of the study found that the prevalence of metabolic syndrome was 20%, based on the Joint Interim Statement criteria. New cases of CHD are 2.72%, with an incidence rate of 34 CHD per 100,000 person years. Multivariate analysis with cox regression test found HR 2.16 (95% CI 1.564-2.985), that someone with metabolic syndrome had a twice higher risk of developing CHD after adjusting gender, age, smoking status, and physical activity.