

## Hubungan profil lipid dan kadar apo-B dengan asupan makanan serta faktor lain pada orang dewasa di Kecamatan Mampang Prapatan, 2000

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### Abstrak

Tujuan : Untuk mengetahui profil lipid dan kadar Apo-B serta hubungannya dengan asupan makanan dan faktor lain.

Tempat : Kecamatan Mampang Prapatan, Jakarta Selatan

Bahan dan cara : Penelitian desain cross sectional pada 105 subyek berusia 35 tahun yang dipilih secara simple random sampling dari sampel MONICA III-Jakarta. Data yang dikumpulkan meliputi data sosioekonomi subyek, asupan makanan, antropometri serta pemeriksaan laboratorium untuk kolesterol total, HDL, LDL, trigliserida dan Apo-B. Uji statistik yang digunakan adalah uji X<sup>2</sup>, Fisher dan Kolmogorov-Smirnov.

Hasil dan kesimpulan : Subyek penelitian terdiri dari 49 laki dan 56 perempuan, dengan rerata umur  $54,39 \pm 10,72$  tahun. Rerata kadar kolesterol total  $209 \pm 40,5$  mg/dL, Nilai tengah kadar LDL 137,0 (58,0 - 223,0) mg/dL; kadar HDL 40,0 (23,0 - 77,0) mg/dL; kadar trigliserida 130,0 (27,0 - 340,0 mg/dL) dan kadar Apo-B 106,0 (44,0 - 172,0 mg/dL). Prevalensi kadar kolesterol total abnormal (  $\geq 200$  mg/dL) sebesar 55,2%; kadar LDL abnormal (  $\geq 130$  mg/dL) 60%; kadar HDL abnormal ( $< 40$  mg/dL) 43,8%; kadar trigliserida abnormal ( $\geq 200$  mg/dL) 13,3% dan kadar Apo-B abnormal ditemukan 25,7%.

Dari hasil analisis bivariat didapat hubungan bermakna antara (1) kadar kolesterol total dengan jenis kelamin dan IMT, (2) kadar HDL dengan asupan PUFA, jenis kelamin dan umur, (3) kadar LDL dengan umur, IMT dan Lpe/Lpa, (4) kadar trigliserida dengan Lpe/Lpa, dan (5) kadar ApoB dengan asupan protein, jenis kelamin, DM dan Lpe/Lpa. Setelah dilakukan analisis multivariat terlihat hubungan bermakna antara (1) kolesterol total dengan asupan karbohidrat, asupan protein dan Lpe/Lpa, (2) kadar HDL dengan jenis kelamin, (3) kadar trigliserida dengan Lpe/Lpa, dan (4) kadar ApoB dengan Lpe/Lpa dan asupan karbohidrat.

*Relationship between Serum Lipid Profile and Apo-B With Dietary Intake and Other Factors of Adult in Mampang Prapatan District, 2000*  
Objective: To determine serum lipid profile and apoB and its relationship to dietary intake and other factors.

Location: Mampang Prapatan District, South Jakarta

Materials and method: A cross sectional study has been carried out on 105 subjects (age 35 year), selected using simple random sampling method from MONICA III-Jakarta's sample. Data collected consist of socio-economic status, dietary intake, anthropometric, and laboratory examinations for total cholesterol, HDL, LDL, triglyceride and apoB. Statistical analysis was performed by X<sup>2</sup>, Fisher exact and Kolmogorov-Smirnov test.

Results and conclusions: Subjects in this study were 49 male and 56 female with average age  $54.39 \pm 10.72$  year. Mean cholesterol level was  $209 \pm 40.5$  mg/dL, median LDL level 137.0 (58.0 - 223.0 mg/dL), median HDL level 40.0 (23.0 - 77.0) mg/dL, median triglyceride level 130.0 (27.0 - 340.0) mg/dL, and median apoB level 106.0 (44.0 - 172.0) mg/dL. Prevalence of abnormal total cholesterol level (  $\geq 200$  mg/dL) 55.2%,

abnormal LDL level ( $\geq 130$  mg/dL) 60%, abnormal HDL level ( $< 40$  mg/dL) 43.8%, abnormal triglyceride level ( $\geq 200$  mg/dL) 13.3%, and abnormal apoB level 25.7%.

Bivariate analysis found significant relationship between (1) total cholesterol level and sex & BMI, (2) HDL level and PUFA intake, sex & age, (3) LDL level and age, BMI & WHR, (4) triglyceride level and WHR, (5) apoB level and protein intake, sex, DM & WHR. Multivariate analysis found significant relationship between (1) total cholesterol level and carbohydrate intake, protein intake and WHR, (2) HDL level and sex, (3) triglyceride level and WHR, (4) apoB level and WHR and carbohydrate intake.