

Profil lipid serum anggota DPR RI pria yang dilantik tahun 1997 dan faktor-faktor yang berhubungan

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Abstrak

ABSTRAK

Ruang lingkup dan cara: Perubahan gaya hidup dan pola makan pada golongan ekonomi menengah tinggi, dapat menimbulkan penyakit kelebihan gizi antara lain meningkatnya penyakit kronik degeneratif seperti PKV. Penyakit jantung koroner, salah satu dari PKV merupakan manifestasi aterosklerosis di pembuluh darah koroner dan salah satu faktor risikonya adalah dislipidemia. Menurut SKRT 1995, kematian akibat PJK di kota-kota besar lebih tinggi dibandingkan di desa dan di Jawa dan Bali menduduki urutan pertama. Faktor-faktor yang diperkirakan ikut mempengaruhi kadar lipid serum antara lain: umur, jenis kelamin, penyakit seperti diabetes, nefrotik sindrom, penyakit hati obstruktif dan lain-lain, obat penyekat beta dan tiazid, indeks massa tubuh, rasio lingkar perut/lingkar panggul, aktivitas, asupan energi, protein karbohidrat, lemak, serat, kolesterol, pengetahuan gizi, pola makan, perilaku gizi, pendidikan, penghasilan, stres dan genetik. Penelitian ini bertujuan mengetahui profil lipid serum dan faktor-faktor yang berhubungan. Telah dilakukan studi "cross-sectional" pada 90 orang anggota DPR RI pria yang dilantik tahun 1997. Subyek yang dipilih dengan cara "simple random sampling" dengan cara diundi. Data yang dikumpulkan meliputi karakteristik sosiodemografi, gaya hidup, asupan makanan, antropometri, kadar lipid serum dan gula darah.

Hasil dan kesimpulan: Hasil penelitian menunjukkan kadar kolesterol total serum yang berbahaya (> 240 mg%) sebesar 55,6%, kadar kolesterol LDL serum yang berbahaya (> 160 mg%) sebesar 38,9%, kadar trigliserida serum yang berbahaya (> 200 mg%) sebesar 27,7%, dan kadar kolesterol HDL serum yang berbahaya sebesar 1,1%. Analisis bivariat tidak ditemukan hubungan antara profil lipid serum dengan faktor-faktor yang diperkirakan berhubungan. Setelah dilakukan analisis regresi logistik didapatkan hubungan bermakna antara asupan serat dengan kolesterol total, antara lemak total dengan kolesterol LDL dan antara pengetahuan gizi dengan trigliserida. Dengan analisis regresi multipel didapatkan hubungan antara kolesterol total dengan protein hewani, asupan serat dan lemak jenuh, antara HDL dengan protein hewani dan antara trigliserida dengan aktivitas fisik, pengetahuan gizi, lemak total dan lemak jenuh.

<i>ABSTRACT</i>

Scopes and Methods : Changes in life-style and meal pattern in upper-middle economic class result in diseases caused by over nutrition, such as chronic degenerative diseases, e.g. cardiovascular diseases (CVDs). Coronary heart disease (CHD), one of CVDs. These disease are caused by dyslipidemia which is the risk factor of the atherosclerotic coronary vessels. According to 1995 Household Health Survey, death rate for CM were greater in big cities than in the villages, and Java and Bali were ranked first. Factors that thought may influence serum lipid level are: age; sex; medical conditions like diabetes, nephrotic syndrome, obstructive heart disease, etc.; beta blockers and thiazide; body mass index; waist/hip circumference ratio; level of activity; high intake of energy, protein, carbohydrates, fats, low fibers intake, and cholesterol; knowledge on nutrition; meal pattern; nutritional behavior; education; income; stress; and genetic. Across

sectional study has been conducted to see the lipid profile and their related factors on the members of Indonesian House of Representative appointed in 1997. The subjects were selected by random sampling and a lotere. The data collected included sociodemography charactersitics, life style, food intake, anthropometry, and serum lipid and glood glucose levels.

Results and Conclusions: Result of this study showed that hazardous serum total cholesterol level (? 240% mg%) was 55.6%, hazardous serum LDL-cholesterol level (?160 mg%) was 38.9%, hazardous serum triglyseride level (a 200 mg%) was 27.7%, and hazardous serum HDL-cholesterol level was 1.1%. Bivariate analysis found no relationship between serum lipid profile and the suspected related factors. A significant relationship was found with logistic regression analysis between fibers intake and total cholesterol level, total fats and LDL-cholesterol level, and knowledge on nutrition and triglyseride level. Multiple regression analysis showed a relationship between total cholesterol level and animal protein, fiber intake and saturated fats, HDL-cholesterol level and animal protein, and between triglyseride level and physical activity, knowledge on nutrition, total fats, and saturated fats.</i>