Table 1. Persentase dan rerata (mean±s.d.) karakteristik responden menurut jenis kelamin

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total  (n 2,741,297) | Laki-laki  (n 1,284,299) | Perempuan  (n 1,456,998) | P |
| Umur (tahun) | 43,18 ±14.23 | 43.69±14.41 | 42.733±14,05 | - |
| Tinggi badan (cm) | 156.39±8.43 | 162.16±6.76 | 151.33±6.21 | - |
| Berat badan (Kg) | 56.82±11.17 | 59.16±10.82 | 54.77±11.07 | - |
| Indeks Massa Tubuh | 23.22±4.23 | 22.46±3.65 | 23.89±4.59 | - |
| Lingkar perut (cm) | 78.93±10.94 | 78.11±10.19 | 79.65±11.50 | - |
| Sistolik (mmHg) | 127.38±21.04 | 127.49±18.58 | 127.28±22.99 | - |
| Diastolik (mmHg) | 82.37±11.93 | 81.10±11.13 | 83.49±12.48 | - |
| IMT≥25 Kg/m2, n (%) | 832459 (29.4) | 278479 (21.3) | 553980 (36.4) | 0.000 |
| Obesitas sentral, n (%) | 809817 (29.5) | 154305 (12.0) | 655512 (45.0) | 0.000 |
| Hipertensi, n (%) | 814800 (29.8) | 338170 (26.4) | 476630 (32.8) | 0.000 |
| Merokok, n (%) | 892381 (32.6) | 857454 (66.8) | 34927 (2.4) | 0.000 |
| Pendidikan |  |  |  |  |
| Tidak sekolah (%) | 172767 (6.4) | 61646 (4.8) | 111121 (7.6) | 0.000 |
| Tidak lulus SD (%) | 359280 (13.1) | 153780 (12.0) | 205500 (14.1) |  |
| SD (%) | 854946 (31.2) | 382577 (29.8) | 472369 (32.4) |  |
| SLTP (%) | 463337 (16.9) | 225666 (17.6) | 237671 (16.3) |  |
| SLTA (%) | 682983 (24.9) | 358748 (27.9) | 324235 (22.3) |  |
| Diploma+ (%) | 207984 (7.6) | 101882 (8.0) | 106102 (7.3) |  |

Table 2. Prevalensi IMT IMT ≥25 Kg/m2 , Obesitas sentral dan hipertensi

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Umur (Th) | Laki (%) | | | | Perempuan (%) | | | |
| n | IMT ≥25 Kg/m2 | Obesitas sentral | Hipertensi | n | IMT ≥25 Kg/m2 | Obesitas sentral | Hipertensi |
| 18–24 | 132472 | 6265 (4.7) | 5697 (3.7) | 13429 (3.6) | 134788 | 11194 (3.5) | 24305 (3.7) | 11587 (2.2) |
| 25-34 | 231095 | 20703 (15.6) | 19815 (12.8)) | 34462 (9.3) | 314704 | 62631 (19.4) | 125828 (19.2) | 57844 (10.9) |
| 35-44 | 328826 | 41165 (31.0) | 44520 (28.9) | 75079 (20.4) | 398551 | 109044 (33.8) | 204786 (31.2) | 131935 (24.9) |
| 45-54 | 298651 | 38222 (28.8) | 46584 (30.2) | 100308 (27.2) | 316925 | 88131 (27.4) | 174801 (26.7) | 151117 (28.6) |
| 55-64 | 187058 | 21035 (15.9) | 28139 (18.2) | 84202 (22.8) | 182207 | 39655 (12.3) | 89345 (13.6) | 102025 (19.3) |
| 65-74 | 80245 | 4228 (3.2) | 7912 (5.1) | 45063 (12.2) | 79512 | 9262 (2.9) | 28362 (4.3) | 53043 (10.0) |
| 75+ | 25952 | 1033(0.8) | 1638 (1.1) | 16097 (4.4) | 30311 | 2280 (0.7) | 8085 (1.2) | 21549 (4.1) |
| P | - | 0.000 | 0.000 | 0.000 | - | 0.000 | 0.000 | 0.000 |

Table 3. Persentasi dan Rerata (mean ±s.d.) kelompok Hipertensi dan

Tidak Hipertensi menurut Karakteristik

|  |  |  |
| --- | --- | --- |
| Karakteristik | Hipertensi  (n 897740) | Tidak hipertensi  (n 1843557) |
| Umur (Tahun) | 49.96± 13.75 | 39.88±13.26 |
| Tinggi badan (cm) | 154.90± 8.57 | 157.13±8.26 |
| Berat badan (Kg) | 58.65± 12.35 | 55.93±10.44 |
| IMT | 24.41± 4.67 | 22.64±3.87 |
| Lingkar perut(cm) | 82.27± 11.83 | 77.31±10.08 |
| IMT ≥25 Kg/m2, n (%) | 231724 (25.8)\* | 223124 (12.1)\* |
| Obesitas sentral, n (%) | 516504 (57.5)\* | 1414976 (76.8)\* |
| Merokok, n (%) | 237498 (26.5)\* | 654883 (35. 5)\* |

\*P:0.000.

Table 4. Hubungan hipertensi dengan IMT atau lingkar perut

menurut jenis kelamin

|  |  |  |  |
| --- | --- | --- | --- |
| Jenis kelamin | N (%) | Hipertensi n (%) | OR\*(95%CI) |
| Laki-laki | 1284299 (46.9) | 368640 (28.7) |  |
| IMT(kg/m2) |  |  |  |
| IMT < 18.5 | 138639 (10.8) | 31637 (8.6) | 0.76(0.75, 0.77) |
| IMT 18.5-24.9 | 872376 (67.9) | 220775 (59.9) | 1.0 |
| IMT ≥ 25 | 273284 (21.3) | 116228 (31.5) | 1.69(1.68,1.71) |
| Lingkar perut/LP(cm) | |  |  |
| LP >90 1.94(1.91,1.96) | 154305 (12.0) | 76941 (20.9) | 1.94(1.91,1.96) |
| LP ≤90 | 1129994 (88.0) | 291699 (79.1) | 1.0 |
| Perempuan | 1456998 (53.1) | 529100 (36.3) |  |
| IMT(kg/m2) |  |  |  |
| IMT < 18.5 | 133083 (9.1) | 38301 (7.2) | 0.79(0.78,0.81) |
| IMT 18.5-24.9 | 794915 (54.6) | 236892 (44.8) | 1.0 |
| IMT ≥ 25 | 529000 (36.3) | 253907 (48.0) | 1.84(1.82,1.86) |
| Lingkar perut/LP(cm) | |  |  |
| LP >80 1.94(1.91,1.96) | 655512 (45.0) | 304295 (57.5) | 1.53(1.51,1.54) |
| LP ≤80 | 801486 (55.0) | 224805 (42.5) | 1.0 |

\* kontrol dengan umur, tingkat pendidikan, merokok.

Tabel 5. Besar Penurunan Prevalensi Hipertensi di Indonesia

apabila Faktor Risiko Dihilangkan

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Variabel | RRcor | AFE (%) | AFP (%) | Kontribusi (%) | Prevalensi terakhir (prevalensi awal)  (%) |
| **Laki-laki** |  |  |  |  |  |
| IMT ≥ 25 kg/m2 | 1,15 | 12,9 | 4,1 | 1,9 | 29,6 (31,5) |
| Obesitas sentral | 1,11 | 10,1 | 2,1 | 1,0 | 19,9 (20,9) |
| Total |  |  |  | **2,9** | 25,8 (28,7) |
| **Perempuan** |  |  |  |  |  |
| IMT ≥ 25 kg/m2 | 1,28 | 21,9 | 10,5 | 5,6 | 42,4 (48,0) |
| Obesitas sentral | 1,27 | 21,5 | 12,4 | 6,6 | 35,9 (42,5) |
| Total |  |  |  | 12,2 | 24,1 (36,3) |