

THE EFFECT OF HEALTH EDUCATION ON PREVENTION OF CARDIOVASCULAR DISEASE RISK FACTORS TOWARDS KNOWLEDGE AND ATTITUDES OF OVERWEIGHT ADOLESCENTS

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ABSTRACT

Background: At present, the world's leading burden of cardiovascular disease (CVD) is in low and middle-income countries including Indonesia. However, little is known about the cardiovascular health in Indonesia. This study aimed to determine effect of health education on prevention of cardiovascular disease risk factors towards knowledge and attitudes of overweight adolescents in Senior high school in Jakarta.

Subjects and Method: This was a quasi-experiment with case control study was conducted in Senior high school in Jakarta. A sample of 30 was selected by randomly. The inclusion criteria were BMI with the category of obesity, blood pressure, smoking habits, history of hypertension, diabetes mellitus, and stroke. The data was analyzed by t-test.

Results: This study showed an increase in the results of measuring knowledge and attitudes before intervention (Mean = 11.2; SD = 9.04) and after intervention (Mean = 14; SD = 10.15), and it was statistically significant ($p < 0.001$)

Conclusion: Education influences changes in knowledge and lifestyle attitudes of adolescents with nutritional status

Keywords: health education, knowledge, attitudes, youth

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