

# **PREVALENCE AND RISK FACTORS OF HYPERTENSION AMONG ADOLESCENTS AGED 18 to 21 YEARS IN INDONESIA**

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## **ABSTRACT**

**Background:** Hypertension is a major risk factor for cardiovascular diseases and other complications. There are several factors predisposing to hypertension. These factors vary from country to country and there is difference between urban and rural region. This study aimed to determine the prevalence and risk factors of hypertension among adolescents aged 18 to 21 years in Indonesia.

**Subjects and Method:** This was a cross sectional study using IFLS 5 data year 2014. A total of 2,531 adolescents aged 18 to 21 years were selected for this study. The dependent variable was hypertension. The independent variables were age, sex, body mass index (BMI), psychological condition, healthy food, physical activity, smoking habit, and residential area. The data were obtained from Indonesian Family Life Survey 5 (IFLS 5) year 2014. The data were analyzed by a multiple logistic regression.

**Results:** As many as 39.8% adolescents aged 18 to 21 years had pre-hypertension and 6.2 % had hypertension. The risk of hypertension increased with male (aOR= 2.40; 95% CI = 1.98 to 2.96; p=0.001), high BMI  $\geq 25$  kgBW/m<sup>2</sup>BH (aOR= 3.85; 95% CI= 1.82 to 8.12; p=0.001), poor psychological condition (aOR= 1.47; 95% CI =1.47 to 2.11; p=0.030), and unhealthy food (aOR=1.34; 95% CI= 1.18 to 2.33; p=0.004).

**Conclusion:** The risk of hypertension increases with male, BMI  $\geq 25$  kgBW/m<sup>2</sup>BH, poor psychological condition, and unhealthy food.

**Keywords:** hypertension, BMI, psychological condition, healthy food, adolescents.

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