PREVALENCE, AWARENESS, TREATMENT, AND CONTROL OF HYPERTENSION IN INDONESIAN YOUNG ADULTS

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ABSTRACT

Background: Hypertension is commonly found in young adults and causes many non-communicable diseases with high morbidity and mortality. Understanding the demographic factors inequalities associated with hypertension is essential for designing effective intervention strategies, especially for their productive years. The aim of the current study was to use sub-nationally representative survey data to examine prevalence, diagnosis, and management of hypertension in Indonesian young adults.

Subjects and Method: This was a cross-sectional study in 13 provinces in Indonesia. A sample of 13,954 study subjects aged 19-39 years was selected for this study. The dependent variable was hypertension. The independent variables were age, gender, and education. The data were collected from the 2014 Indonesian Family Life Survey (IFLS 5). The data were analyzed by a multiple logistic regression.

Results: Age-standardized prevalence of hypertension among the study participants was 30.82% (95% CI= 46.8 to 48.9), of which almost 75% were undiagnosed. Hypertension was significantly higher in women (52.4%) than men (47.6%) with p<0.001. Over 78.5% of hypertension cases were uncontrolled. Gender, region of living, and education status had differential impact on the diagnosis of hypertension and in receiving treatment. Less than a third were aware of their hypertension and a quarter of those on medication had their blood pressure effectively controlled. Older people and those living in rural region were more vulnerable to have undiagnosed and untreated hypertension compared to younger, urban people.

Conclusion: Age-standardized prevalence of hypertension among the study participants was 30.82%, of which almost 75% were undiagnosed. Hypertension was significantly higher in women than men. Substantial effort should be given to improve awareness about the condition and making provision for early diagnosis and treatment.

Keywords: hypertension, risk factor, young adult, national health survey, Indonesia

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