MULTILEVEL LOGISTIC REGRESSION ANALYSIS ON THE EFFECTIVENESS OF CHRONIC DISEASE MANAGEMENT PROGRAM IN IMPROVING “CERDIK” HEALTHY BEHAVIOR FOR HYPERTENSIVE PATIENTS

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ABSTRACT

Background: The chronic disease management program (*prolanis*) was established in Indonesia to help people achieve optimal quality of life with cost-effective and efficient health services. The user targets were national health insurance participants who suffer from chronic disease, including hypertension and diabetes mellitus. This study aimed to examine the effectiveness of *prolanis* in improving “CERDIK” healthy behavior for hypertensive patients.

Subjects and Method: A cross sectional study was carried out at 25 community health centers in Gunungkidul, Yogyakarta, Indonesia, from January to February 2020. A sample of 200 hypertensive patients were selected by stratified random sampling. The dependent variable was healthy behavior. The independent variables were sex, education, family support, peer support, and *prolanis*. The data were collected by questionnaire and analyzed by a multiple logistic regression run on Stata 13.

Results: Healthy behavior in patients with hypertension increased with (b= 1.95; 95% CI= 0.76 to 3.16; p= 0.001), participative in *prolanis* (b= 3.93; 95% CI= 2.42 to 5.44; p<0.001), strong family support (b= 1.38; 95% CI= 0.09 to 2.67; p= 0.035), strong peer support (b= 0.50; 95% CI= -0.81 to 1.91; p= 0.427), and female (b= 0.89; 95% CI= -0.35 to 2.13; p=0.160). Community health center had contextual effect on healthy behavior with ICC= 27%.

Conclusion: Healthy behavior in patients with hypertension increases with high education, participative in *prolanis*, strong family support, strong peer support, and female. Community health center has contextual effect on healthy behavior.

Keywords: chronic disease management program, *cerdik* health behavior, hypertension.

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