FACTORS ASSOCIATED WITH HYPERTENSION AMONG ADULTS IN MAGELANG, CENTRAL JAVA

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ABSTRACT

Background: Previous data from both national and international health organization suggest that poor diet and lifestyle habits may affect blood pressure. The purpose of this study was to examine the influence of diet and lifestyle factors on the hypertension.

Subjects and Method: A cross-sectional study was conducted in Magelang, Central Java, Indonesia. A sample of 200 people aged 18-69 years was selected by purposive sampling. The dependent variable was hypertension. The independent variables were obesity, smoking, salt intake, genetic, age, physical activity, fiber intake, and stress. Blood pressure was measured by sphygmomanometer. The other variables were collected by questionnaire. The data were analyzed by a multiple logistic regression.

Results: The risk of hypertension in adults increased with obesity (BMI ≥25) (OR = 5.33; 95% CI = 1.81 to 15.74; p = 0.002), smoking (OR = 6.28; 95% CI = 2.05 to 19.30; p = 0.001), excessive salt intake (OR = 2.84; 95% CI = 0.99 to 8.11; p = 0.051), genetic (OR = 3.95; 95% CI = 1.37 to 11.44; p = 0.011), age ≥45 years (OR = 17.71; 95% CI = 5.81 to 53.99; p < 0.001), physical inactivity (OR = 3.49; 95% CI = 1.19 to 10.17; p = 0.022), low fiber intake (OR = 12.42; 95% CI = 1.87 to 82.49; p = 0.009), and high stress (OR = 7.59; 95% CI = 2.22 to 25.89; p = 0.001).

Conclusion: The risk of hypertension in adults increases with obesity, smoking, excessive salt intake, genetic, age ≥45 years, physical inactivity, low fiber intake, and high stress.

Keywords: hypertension, salt intake, fiber intake

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