

RISK FACTORS OF HYPERTENSION IN SUNGAI ASAM VILLAGE, KONI HEALTH CENTER, JAMBI, SUMATERA, INDONESIA

Dena Tri Solehaini^{1,2}, Willia Novita Eka Rini¹, Asparian¹

¹Faculty of Public Health, Universitas Jambi, Indonesia

²Faculty of Medicine, Universitas Sebelas Maret

ABSTRACT

Background: Hypertension is a leading global public health challenge that increases the risk for cardiovascular disease and premature death. Hypertension can be prevented by modifying several risk factors, such as dietary habits. The purpose of this study was to risk factors of hypertension in Jambi, Sumatera, Indonesia.

Subjects and Method: A cross sectional study was conducted in Sungai Asam village, Koni health center, Jambi, Sumatera, in 2018. A sample of 200 study subjects aged ≥ 15 years selected by multistage random sampling. The dependent variable was hypertension. The independent variables were salt intake, fat intake, stress, and family history of hypertension. Blood pressure was measured using sphygmonanometer. The other variables were collected by questionnaire. The data were analyzed by Chi Square test.

Results: High fat intake (OR= 32.30; 95% CI= 12.00 to 86.93; $p < 0.001$), stress (OR= 8.35; 95% CI= 3.06 to 22.76; $p < 0.001$), had family history of hypertension (OR= 7.11; 95% CI= 3.76 to 13.44; $p < 0.001$), and high salt intake (OR= 5.44; 95% CI= 2.43 to 12.21; $p < 0.001$) increased the risk of hypertension.

Conclusion: High fat intake, stress, family history of hypertension, and high salt intake increase the risk of hypertension.

Keywords: hypertension, salt intake, fat intake, stress, family history

Correspondence:

Dena Tri solehaini. Masters Program in Public Health, Universitas Sebelas Maret. Jl. Ir. Sutami 36A, Surakarta, Central Java 57126. Email: dena35tri@gmail.com. Mobile: 082329210977.