

HUBUNGAN OBESITAS SENTRAL DAN HIPERTENSI DI INDONESIA (ANALISIS DATA STUDI KOHOR BOGOR TAHUN 2011–2021)

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Abstrak

Hipertensi adalah kondisi yang sering diderita masyarakat Indonesia. Penelitian ini bertujuan mengetahui hubungan antara obesitas sentral melalui pengukuran lingkar perut dengan kejadian hipertensi. Menggunakan desain studi kohor retrospektif dengan data sekunder Studi Kohor Faktor Risiko Penyakit Tidak Menular (FRPTM) Bogor. Analisis data menggunakan model *Cox Regression*. Berdasarkan 3.586 sampel kejadian hipertensi pada akhir pemantauan sebesar 879 orang atau 24,5% dari populasi yang berisiko. *Incidence rate* dari hipertensi sebesar 28 kasus per 1000 orang-tahun dengan insiden kumulatif sebesar 25%. Hasil analisis multivariat menemukan bahwa orang dengan obesitas sentral (RR=1,408; 95%CI 1,175–1,687) memiliki memiliki risiko mengalami hipertensi. Variabel kovariat seperti umur (p=0,00; ARR=1,509; 95%CI 1,315–1,731), pendidikan rendah (p=0,039; RR=1,381; 95% CI 1,014–1,713), obesitas (p=0,000; RR=1,592; 95% CI 1,330–1,907), dan trigliserida (p=0,034; RR=1,206; 95% CI 1,014–1,433) merupakan faktor risiko dari kejadian hipertensi. Variabel kovariat seperti perokok ringan (p=0,000; RR=0,718; 95% CI 0,601–0,857), perokok sedang (p=0,008; RR=0,748; 95% CI 0,604–0,927), perokok berat (p=0,030; RR=0,644; 95% CI 0,432–0,959), gangguan mental emosional (p=0,021; RR=0,832; 95% CI 0,711–0,973) merupakan faktor protektif dari hipertensi. Pihak terkait disarankan penyebaran informasi yang lebih masif tentang hubungan obesitas sentral dan hipertensi.

Kata Kunci : Obesitas sentral, Hipertensi, Kohor Bogor

**THE ASSOCIATION OF CENTRAL OBESITY AND
HYPERTENSION IN INDONESIA
(DATA ANALYSIS OF THE BOGOR COHORT STUDY 2011-2021)**

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Abstract

Hypertension is a condition that is often suffered by Indonesian people. This study aims to determine the relationship between central obesity through measurement of waist circumference with the incidence of hypertension. Using a retrospective cohort study design with secondary data from the Bogor Non-Communicable Disease Risk Factor Cohort Study (FRPTM). Data analysis using Cox Regression model. Based on 3,586 samples, the incidence of hypertension at the end of monitoring was 879 people or 24.5% of the population at risk. The incidence rate of hypertension was 28 cases per 1000 person-years with a cumulative incidence of 25%. Multivariate analysis found that people with central obesity (RR=1.408; 95%CI 1.175-1.687) had a higher risk of developing hypertension. Covariates such as age (p=0.00; RR=1.509; 95%CI 1.315-1.731), low education (p=0.039; RR=1.381; 95%CI 1.014-1.713), obesity (p=0.000; RR=1.592; 95%CI 1.330-1.907), and triglycerides (p=0.034; RR=1.206; 95%CI 1.014-1.433) were risk factors for hypertension. Covariate variables such as light smoking (p=0.000; RR=0.718; 95% CI 0.601-0.857), moderate smoking (p=0.008; RR=0.748; 95% CI 0.604-0.927), heavy smoking (p=0.030; RR=0.644; 95% CI 0.432-0.959), mental emotional disorder (p=0.021; RR=0.832; 95% CI 0.711-0.973) were protective factors of hypertension. Stakeholders are advised to disseminate more information about the relationship between central obesity and hypertension.

Keyword : Central Obesity, Hypertension, Cohort Bogor