

ASOSIASI POLA KONSUMSI MAKANAN BERISIKO DENGAN KEJADIAN HIPERTENSI PADA USIA PRODUKTIF DI INDONESIA: ANALISIS DATA SURVEI KESEHATAN INDONESIA 2023

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Abstrak

Hipertensi adalah salah satu penyakit tidak menular yang berdampak besar terhadap kualitas hidup serta beban sistem kesehatan, terutama pada kelompok usia produktif yang rentan memiliki pola makan tidak sehat. Penelitian ini bertujuan untuk mengetahui hubungan antara pola konsumsi makanan berisiko dengan kejadian hipertensi pada penduduk usia produktif di Indonesia. Penelitian menggunakan desain cross-sectional berbasis data sekunder dari Survei Kesehatan Indonesia (SKI) 2023. Sampel terdiri dari 535.424 responden usia 19–64 tahun yang memiliki data lengkap terkait variabel yang diteliti. Analisis dilakukan dengan regresi logistik bivariat dan multivariat, dengan hasil akhir ditampilkan dalam bentuk Prevalence Odds Ratio (POR) 95% CI. Prevalensi hipertensi pada penduduk usia produktif sebesar 7,0%. Beberapa variabel yang menunjukkan hubungan signifikan terhadap hipertensi antara lain usia dewasa lanjut (aPOR = 12,655; 95% CI: (12,13-13,19)), konsumsi makanan asin (aPOR = 5,691; 95% CI: 5,55–5,84), serta obesitas (aPOR = 2,073; 95% CI: (2,02-2,12)). Sebaliknya, konsumsi makanan/minuman instan, soft drink, makanan berlemak, dan minuman manis justru menunjukkan efek protektif terhadap kejadian hipertensi. Pola konsumsi makanan tertentu berasosiasi signifikan dengan kejadian hipertensi pada usia produktif di Indonesia. Upaya promotif dan preventif perlu difokuskan pada edukasi konsumsi garam serta pengendalian berat badan.

Kata Kunci: hipertensi, pola konsumsi, makanan berisiko, usia produktif

ASSOCIATION BETWEEN RISKY DIETARY PATTERNS AND HYPERTENSION AMONG THE PRODUCTIVE AGE POPULATION IN INDONESIA: ANALYSIS OF THE 2023 INDONESIAN HEALTH SURVEY DATA

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Abstract

Hypertension is one of the leading non-communicable diseases that significantly impacts quality of life and imposes a burden on healthcare systems, especially among the productive age group who are vulnerable to unhealthy eating patterns. This study aims to examine the association between the consumption patterns of high-risk foods and the incidence of hypertension among individuals of productive age in Indonesia. This was a cross-sectional study using secondary data from the 2023 Indonesian Health Survey (Survey Kesehatan Indonesia/SKI). A total of 535,424 respondents aged 19–64 years with complete data were included. Bivariate and multivariate logistic regression analyses were conducted, and results were presented as Prevalence Odds Ratios (POR) with 95% Confidence Intervals (CI). The prevalence of hypertension among the productive age population was 7.0%. Several variables were significantly associated with hypertension, including advanced adulthood (aPOR = 12.655; 95% CI: 12.13–13.19), consumption of salty foods (aPOR = 5.691; 95% CI: 5.55–5.84), and obesity (aPOR = 2.073; 95% CI: 2.02–2.12). On the other hand, frequent consumption of instant foods/beverages, soft drinks, fatty foods, and sweet drinks showed a protective effect against hypertension. Certain dietary patterns were significantly associated with hypertension among Indonesia's productive-age population. Public health efforts should prioritize education on salt intake reduction and weight control as preventive strategies.

Keywords: hypertension, dietary patterns, high-risk foods, productive age