Hubungan Pola Makan dan Aktivitas Fisik dengan Risiko Kardiometabolik pada Dewasa dengan Status Gizi Normal di Indonesia

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ABSTRAK

Latar Belakang : Penyakit kardiovaskular menjadi penyebab utama kematian di dunia. Kelebihan massa lemak akibat gaya hidup yang buruk dapat meningkatkan risiko terjadinya kardiometabolik

Tujuan : Penelitian ini bertujuan untuk mengetahui hubungan antara pola makan dan aktivitas fisik dengan risiko kardiometabolik pada dewasa dengan status gizi normal di Indonesia.

Metode : Penelitian ini menggunakan desain penelitian *cross-sectional* berdasarkan data sekunder dari Riset Kesehatan Dasar Indonesia tahun 2018. Subjek penelitian ini sebanyak 2.983 orang berusia ≥45 tahun. Data dianalisis menggunakan uji *independent t-test, chi-square*, dan regresi logistik ganda.

Hasil : Setelah dikontrol dengan variabel perancu, subjek yang sering mengonsumsi makanan berlemak (OR 1,431, CI 1,082-1,891), makanan dibakar (OR 1,862, CI 1,478-2,346), daging olahan berpengawet (OR 1,338, CI 1,007-1,777), *softdrink* (OR 1,844, CI 1,230-2,765), jarang mengonsumsi sayur (OR 1,292, CI 1,005-1,662) serta kurangnya aktivitas fisik (OR 1,262, CI 1,005-1,585) berhubungan dengan peningkatan risiko kardiometabolik secara signifikan ($p<0,005$)

Kesimpulan : Terdapat hubungan signifikan antara pola makan dan aktivitas fisik dengan risiko kardiometabolik pada dewasa berusia ≥45 Tahun dengan status gizi normal di Indonesia.

Kata Kunci : pola makan, aktivitas fisik, kardiometabolik, status gizi normal, dewasa

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The Association between Dietary Pattern and Physical Activity with Cardiometabolic Risk in Adults with Normal Nutritional Status in Indonesia

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ABSTRACT

Background : Cardiovascular disease is a leading of death worldwide. Excess fat ass due to a poor lifestyle can increase cardiometabolic risk.

Objective : The purpose of this study to determine the association between dietary pattern and physical activity with cardiometabolic risk in adults with Normal Nutritional Status in Indonesia.

Methods : This cross-sectional study used secondary data from the 2018 Indonesian Basic Health Survey (IBHS). The subjects of this study were 2.983 aged ≥45 years. Data we analyzed using independent t-test, chi-square, and multiple logistic regression.

Result : After controlled confounding variables, subject that often consumed fat foods (OR 1.431, CI 1.082-1.891), grilled foods (OR 1.862, CI 1.478-2.346), processed meat with preservatives (OR 1.338, CI 1.007-1.777), softdrink (OR 1.844, CI 1.230-2.765), consumed less vegetables (OR 1.292, CI 1.005-1.662) and physical inactivity (OR 1.262, CI 1.005-1.585) were associated with increased cardiometabolic risk significantly ($p<0.005$).

Conclusion : There were association between dietary pattern and physical activity with cardiometabolic risk in adults aged ≥45 years with normal nutritional status in Indonesia.

Keywords : dietary pattern, physical activity, cardiometabolic, normal nutritional status, adults

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