

Hubungan Obesitas Sentral dengan Faktor Risiko Kardiometabolik pada Usia Dewasa Status Gizi IMT Normal di Indonesia: Analisis Riskesdas 2018

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ABSTRAK

Latar Belakang: Obesitas sentral dapat terjadi pada individu IMT normal. Prevalensi obesitas sentral pada individu IMT normal meningkat. Obesitas sentral pada IMT normal berhubungan dengan faktor risiko kardiometabolik.

Tujuan: Menganalisis hubungan obesitas sentral dengan faktor risiko kardiometabolik pada usia dewasa status gizi IMT normal di Indonesia.

Metode: Penelitian ini menggunakan data sekunder Riskesdas 2018 dengan desain *cross-sectional*. Jumlah sampel sebanyak 7.030 subjek IMT normal dengan usia 19-50 tahun. Data yang diambil meliputi pengukuran antropometri, tekanan darah, glukosa darah, profil lipid, serta wawancara demografi dan gaya hidup. Data dianalisis bivariat melalui *Chi-Square* dan multivariat melalui regresi logistik.

Hasil: Prevalensi obesitas sentral pada individu IMT normal sebanyak 15.08%. Prevalensi tersebut lebih tinggi pada usia 30-50 tahun dibandingkan usia 19-29 tahun dan prevalensinya lebih banyak pada perempuan. Obesitas sentral setelah adanya penyesuaian demografi dan gaya hidup berhubungan signifikan dengan hipertensi, kadar HDL rendah, kadar trigliserida tinggi, dan kadar trigliserida *borderline* pada laki-laki maupun perempuan, sedangkan obesitas sentral berhubungan signifikan dengan prehipertensi dan DM tipe 2 hanya pada perempuan.

Simpulan: Obesitas sentral berhubungan signifikan dengan beberapa faktor risiko kardiometabolik pada laki-laki maupun perempuan dewasa IMT normal.

Kata kunci: Obesitas sentral; IMT normal; faktor risiko kardiometabolik; lingkaran perut

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Association of Central Obesity with Cardiometabolic Risk Factors among Adults with Normal Body Mass Index in Indonesia: Based on the Basic Health Research 2018

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ABSTRACT

Background: Central obesity can happen in normal BMI individual. The prevalence of central obesity among individual with normal BMI increased. Central obesity in normal BMI is associated with cardiometabolic risk factors.

Objective: To analyze the association of central obesity and cardiometabolic risk factors among adults with normal BMI in Indonesia.

Methods: This study used Basic Health Research 2018 secondary data with cross-sectional design. Total sample was 7.030 subjects with normal BMI aged 19-50 years old. Data of anthropometry, blood pressure, blood glucose, and lipid profile measurement, also the interview of demographics and lifestyle were included. Data were analyzed in bivariate using Chi-Square and multivariate using logistic regression.

Results: The prevalence of central obesity among adults with normal BMI was 15.08%. Its prevalence was higher in 30-50 years old than 19-29 years old and it was higher in women. Central obesity after controlling for demographic and lifestyle was significantly associated with hypertension, low HDL, high triglyceride, and borderline triglyceride in both genders, but central obesity was significantly associated with prehypertension and type 2 DM only in women.

Conclusion: Central obesity was significantly associated with several cardiometabolic risk factors in men and women among normal BMI.

Keywords: Central obesity; normal BMI; cardiometabolic risk factors; waist circumference

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