

DETERMINANT FACTORS OF HYPERTENSION AMONG PRODUCTIVE AGE WOMAN IN SEMARANG

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Background



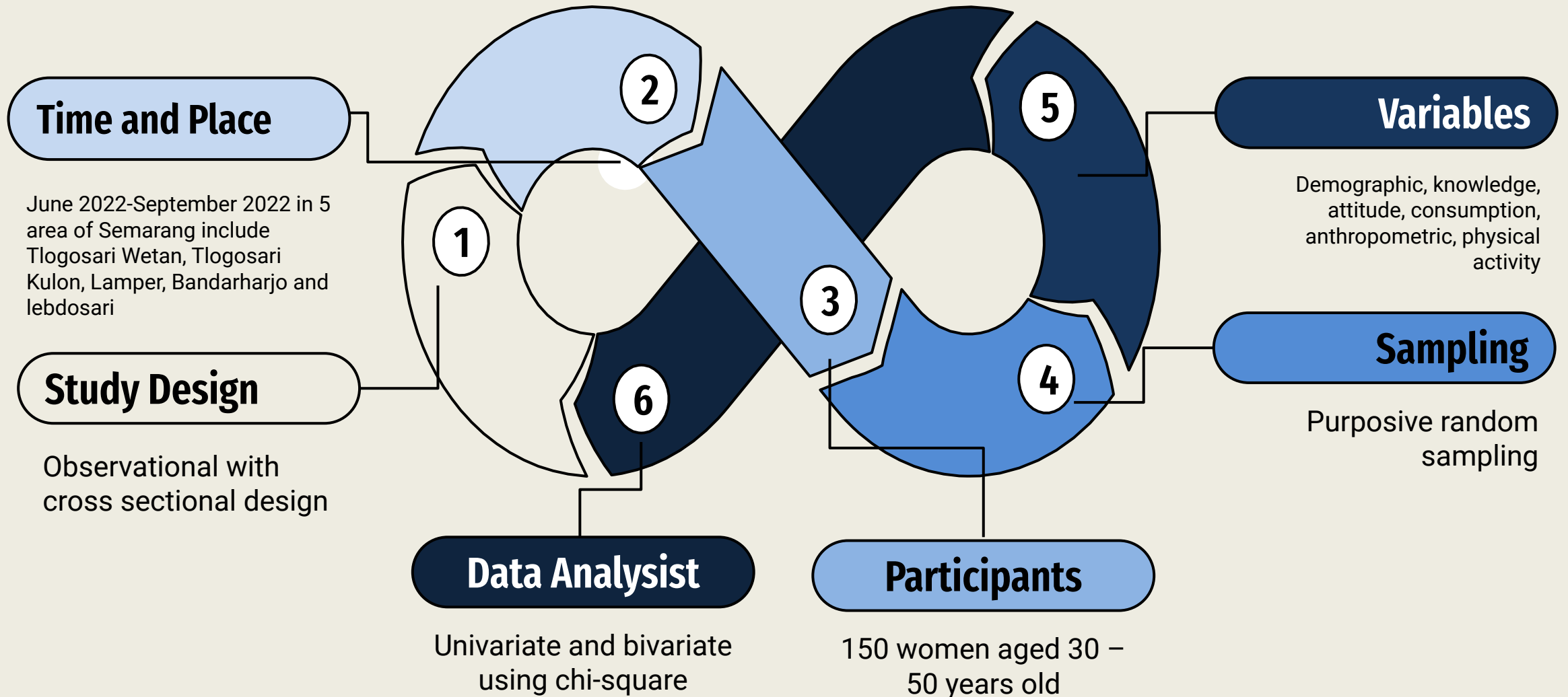
Hypertension is a major risk factor for developing cardiovascular disease such as stroke, hearth disease and kidney disease

Basic Health Research 2018 data show that the prevalence of hypertension in Indonesia reaches 34.11% and in Central Java province the prevalence is above the national data that is 37.57%.

The prevalence of hypertension in women is higher than that of men, which are 40.17% and 34.83%, respectively

To lower blood pressure (BP), some lifestyle changes are recommended such as weight loss, exercise, and following a healthy diet.

Methods

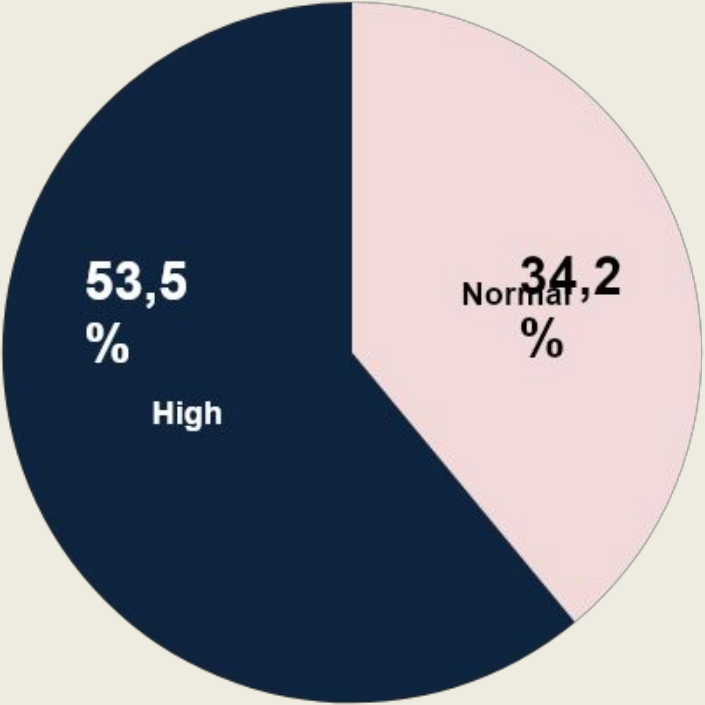
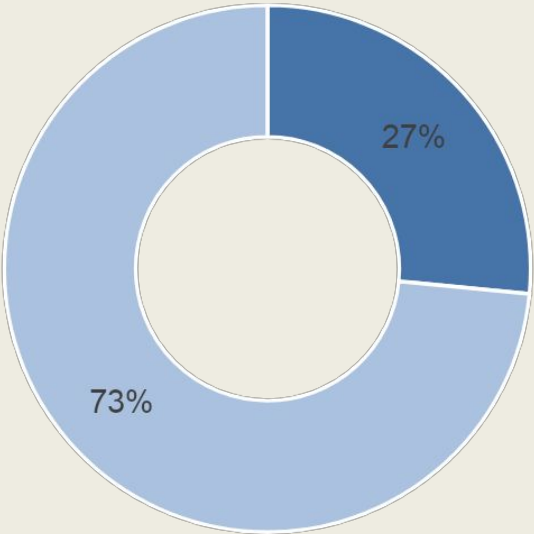


Results

Blood Pressure Status

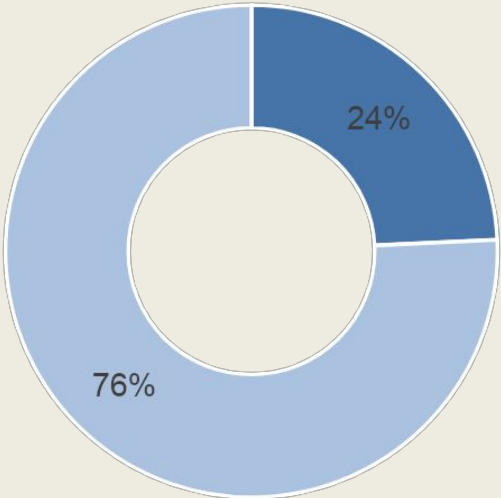
Systolic Blood Pressure

■ Normal ■ High



Diastolic Blood Pressure

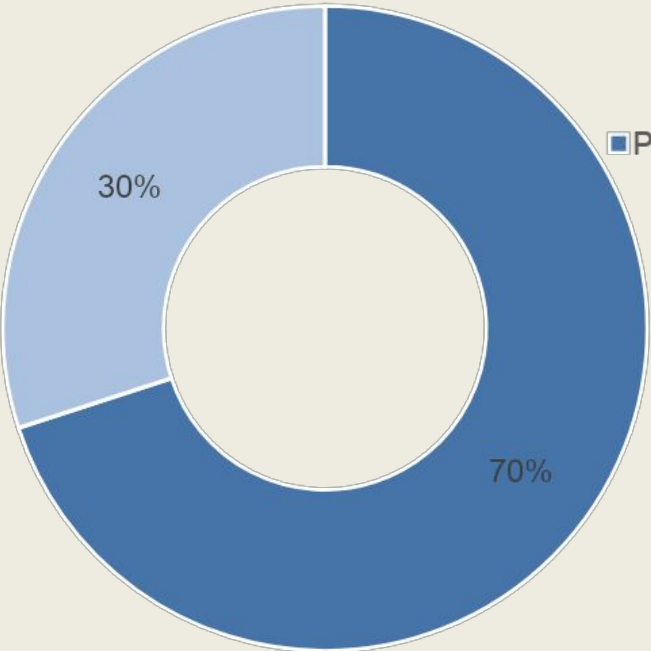
■ Normal ■ High



Results

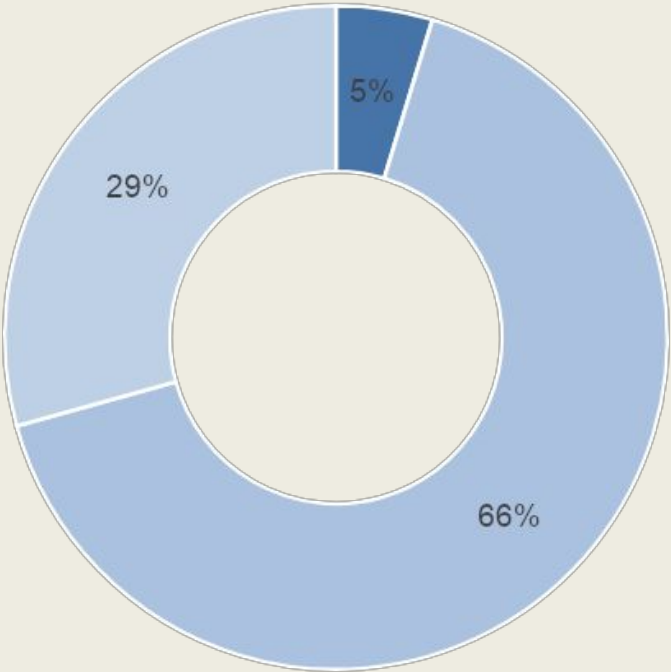
Age

■ 30-40 years old ■ 41-51 years old



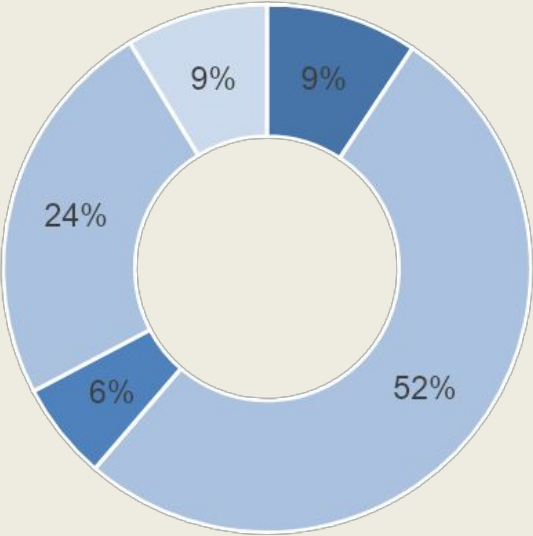
Education

■ Primary Education ■ Secondary Education ■ Higher Education



Occupations

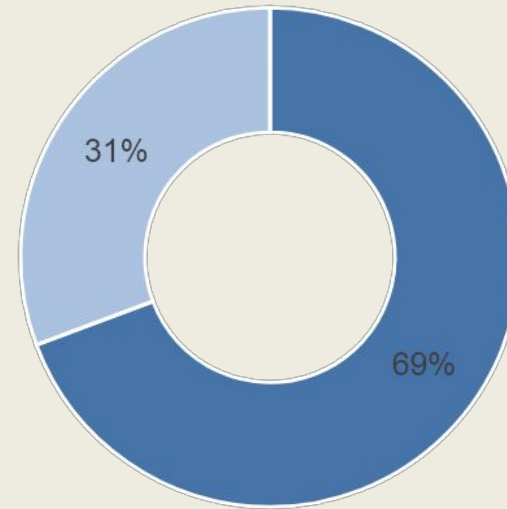
■ Others
■ Housewife
■ Employee
■ Entrepreneur
■ Laborer



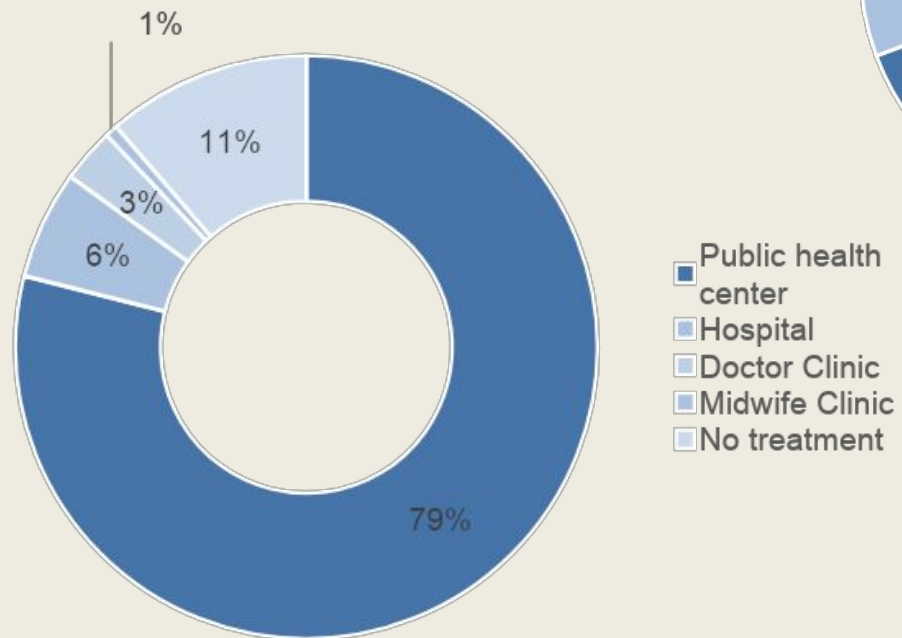
Results

Frequencies of Treatment

■ Once in a month ■ <One in a month

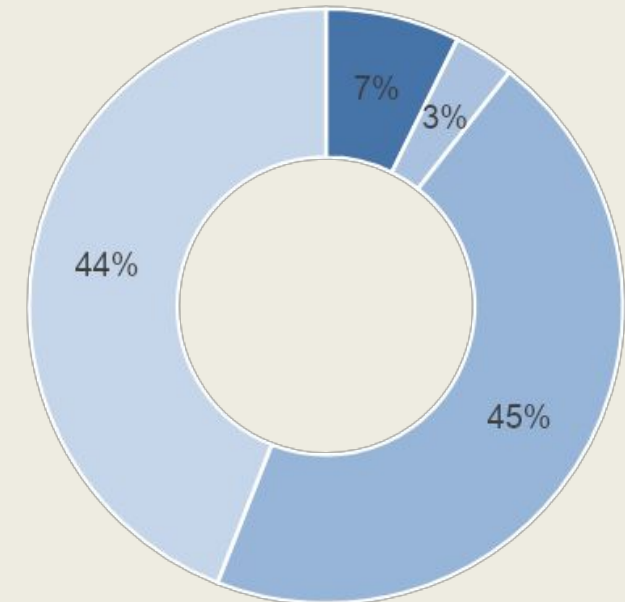


Place of Treatment



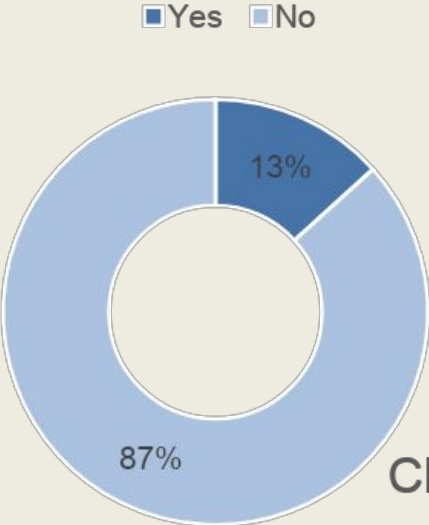
Income

■ >Rp. 4.000.000
■ <Rp. 500.000
■ Rp. 500.000 - Rp. 2.000.000
■ Rp. 2.000.000 - Rp. 4.000.000

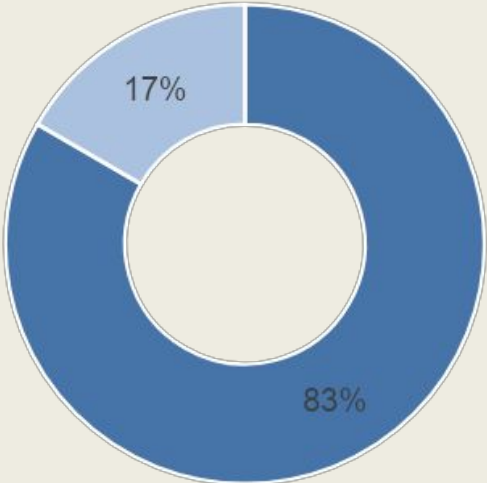


Results

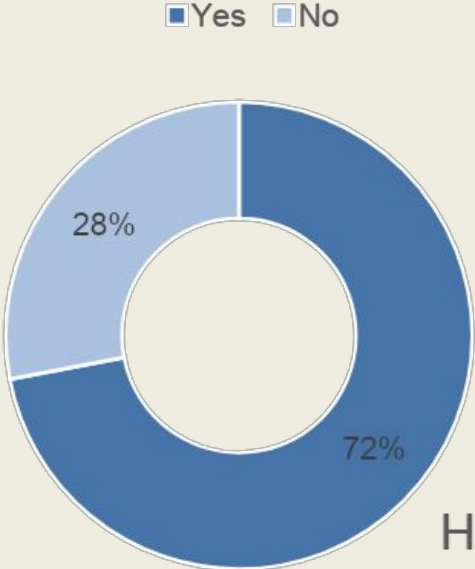
Diabetes Mellitus History



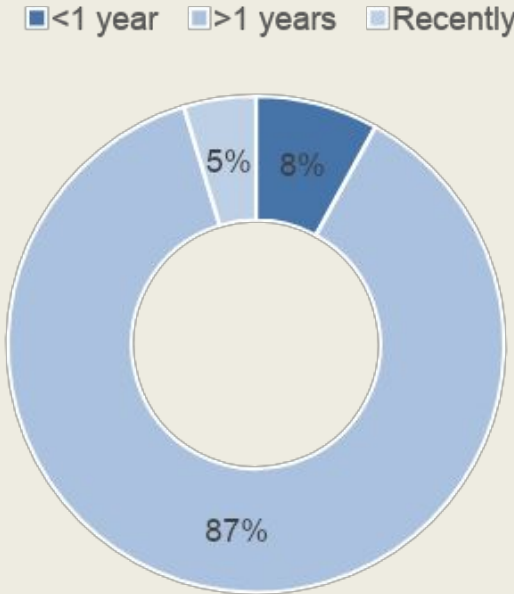
Cholesterol History



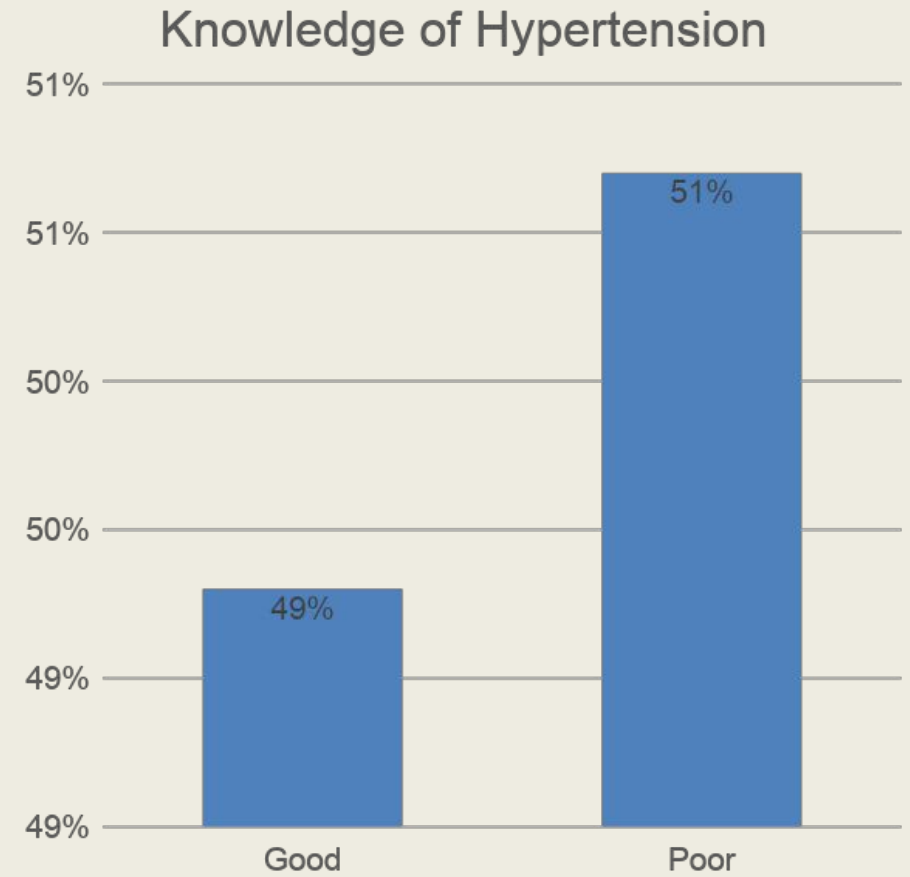
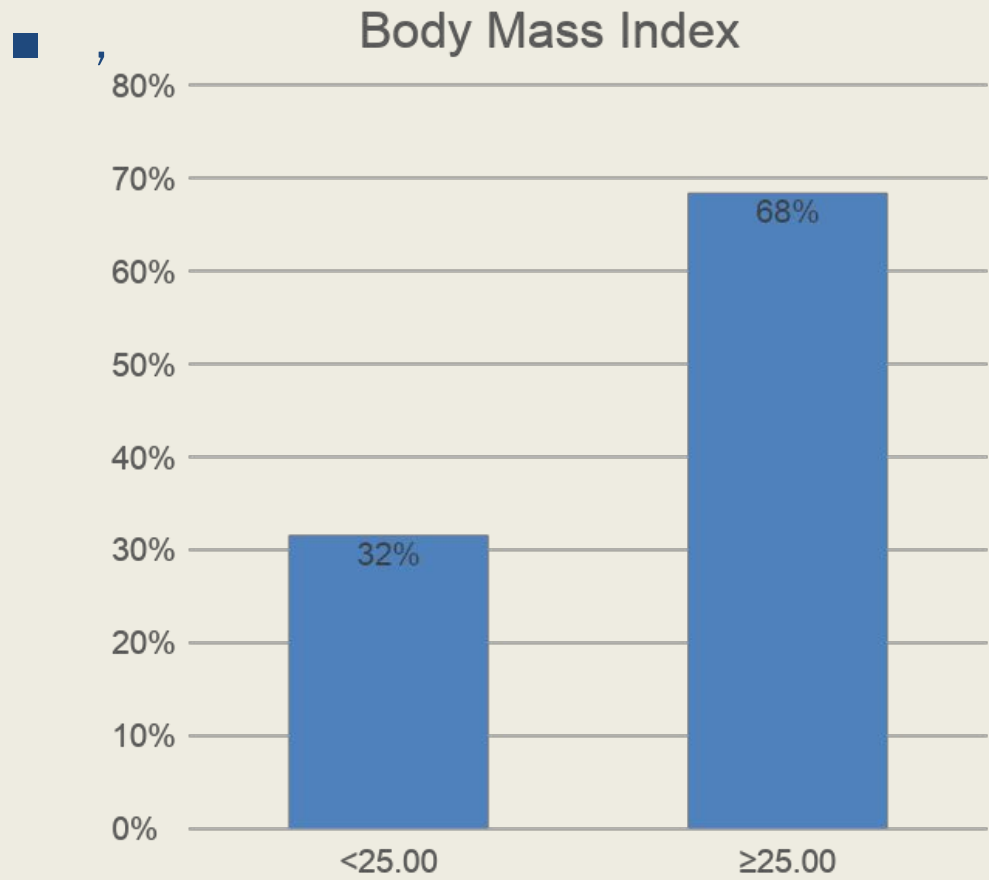
Family History of Hypertension



History of Hypertension



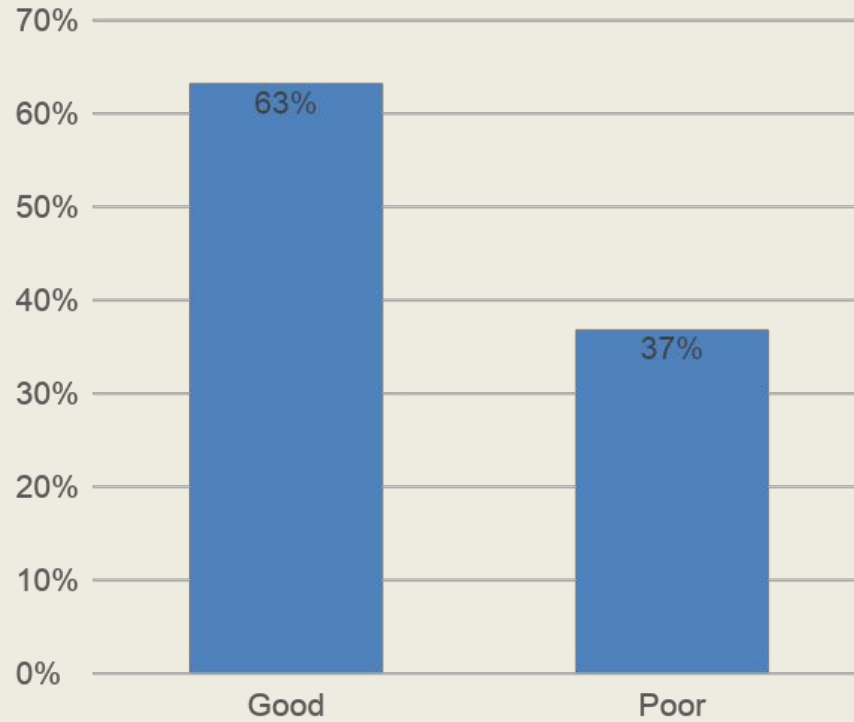
Results



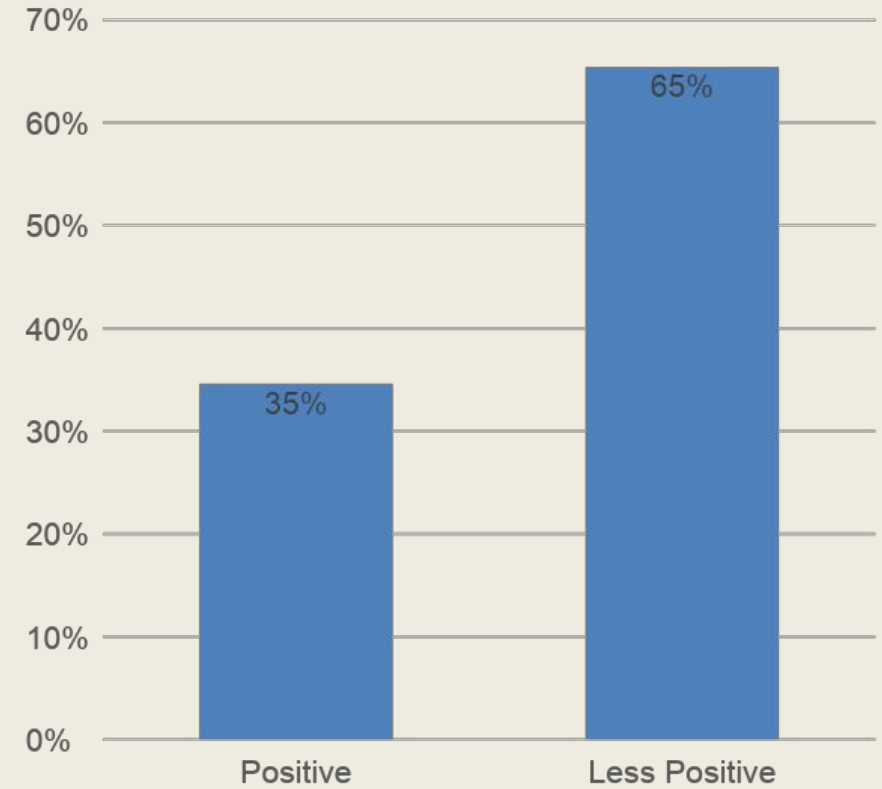
Results



Knowledge of High Sodium Food



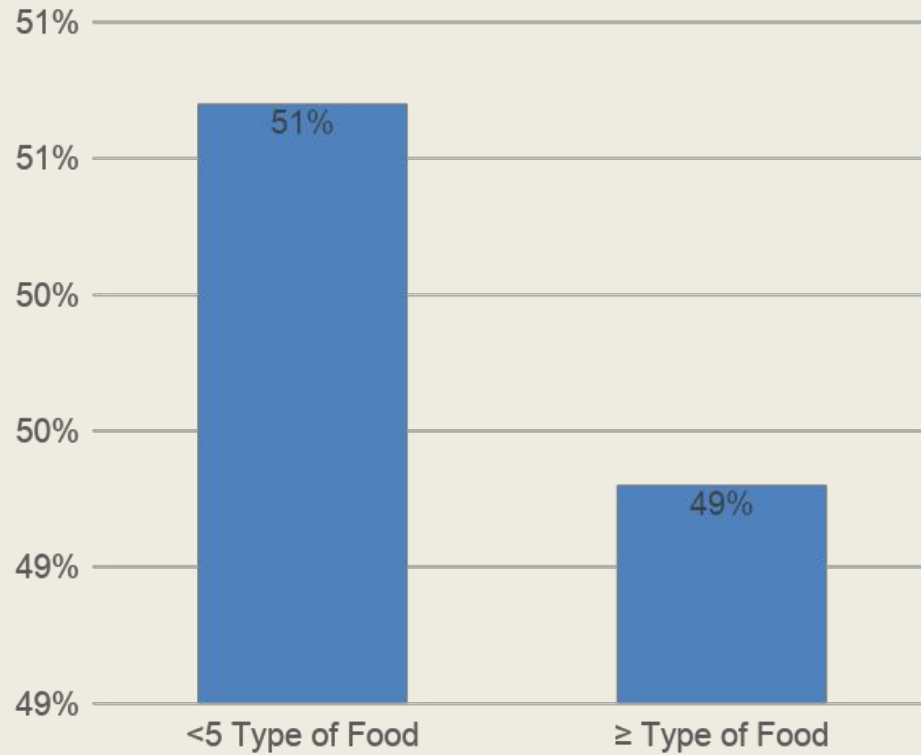
Participant's Attitude



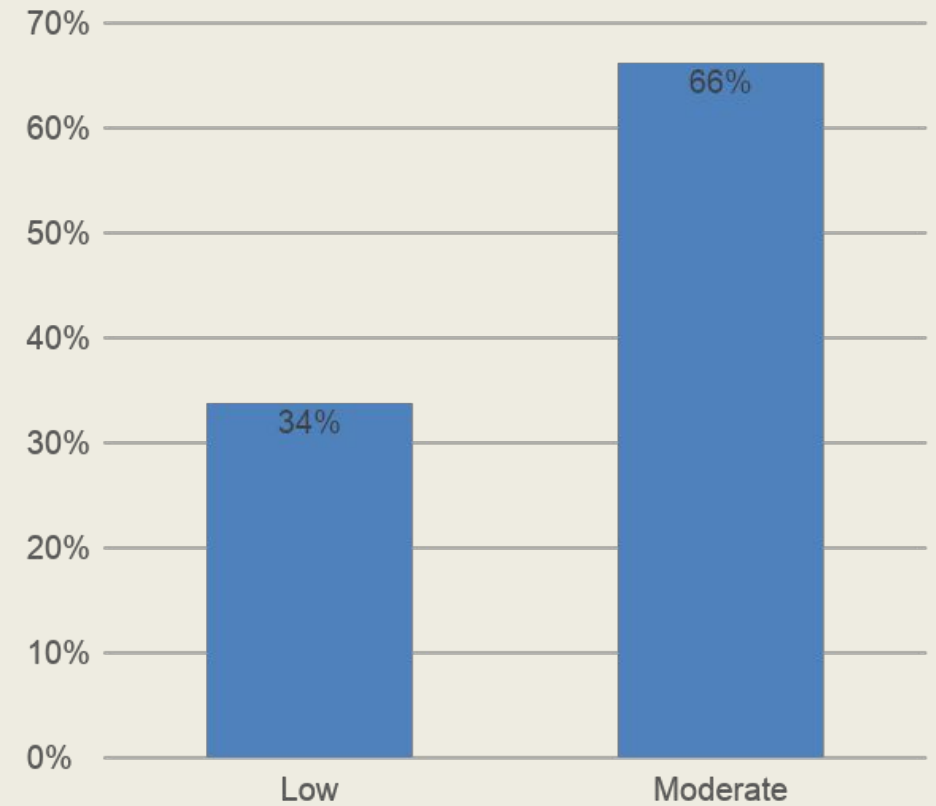
Results



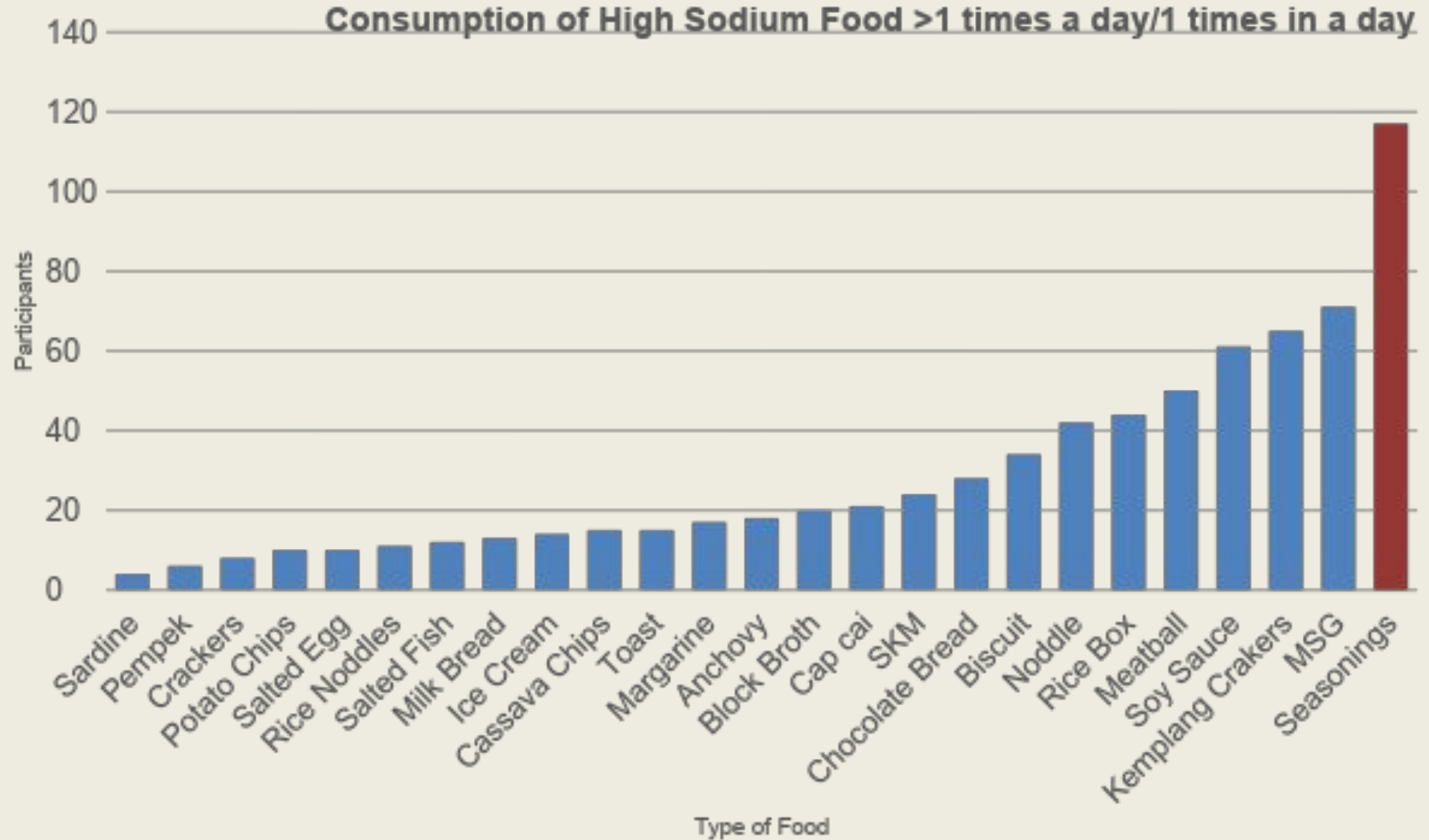
High sodium food frequently consume



Physical Activity



Results



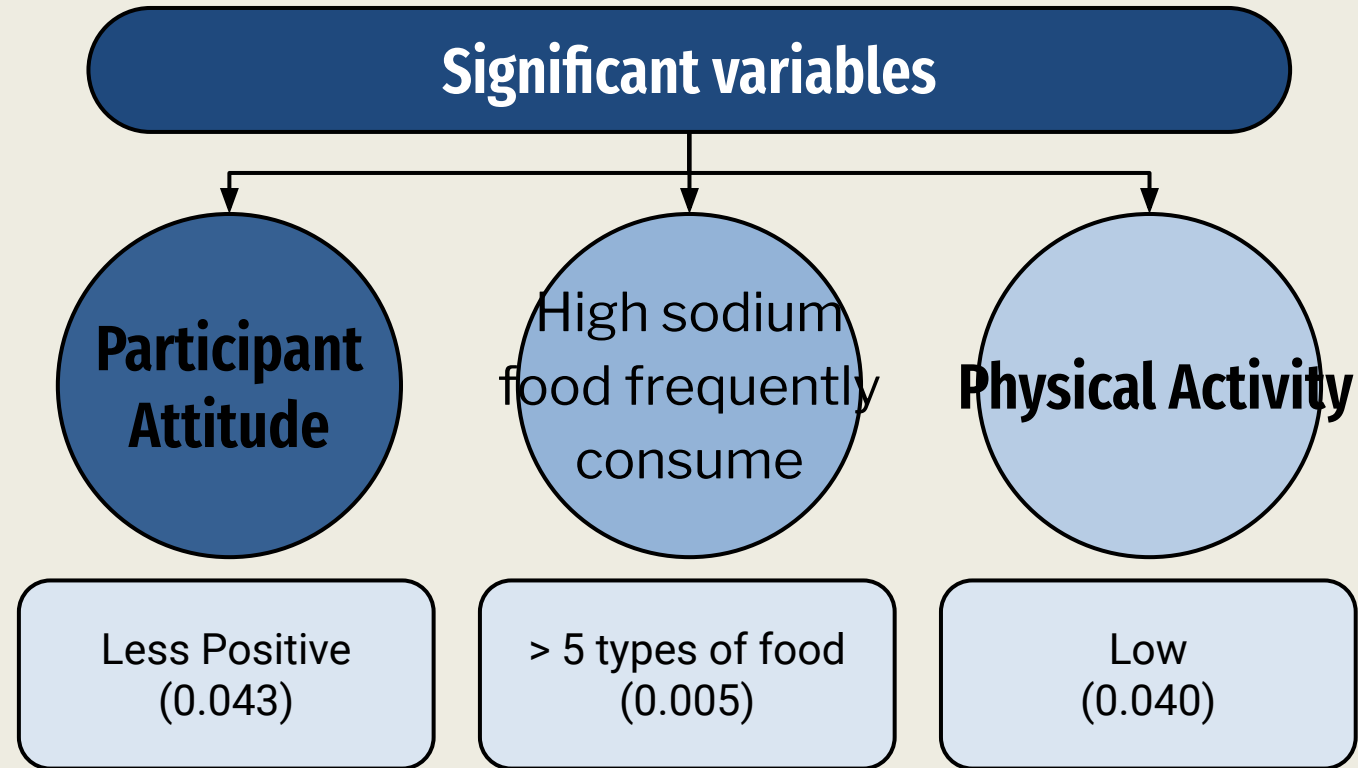
Results

Variables	Blood Pressure Status				Total		p-value
	Normal		High		n	%	
	n	%	n	%			
BMI							
<25.00	19	44.2	24	55.8	43	100	0.451
≥25.00	34	36.6	59	63.4	93	100	
Knowledge of hypertension							
Good	31	46.3	36	53.7	67	100	0.113
Poor	22	31.9	47	68.1	69	100	
Knowledge of high sodium food							
Good	39	45.3	47	54.7	86	100	0.068
Poor	14	28.0	36	72.0	50	100	

Results

Variables	Blood Pressure Status				Total		p-value
	Normal		High		n	%	
	n	%	n	%			
Participant's attitude							
Positive	24	51.1	23	48.9	47	100	0.043
Less Positive	29	32.6	60	67.4	89	100	
High sodium food frequently consume							
<5 types of food	35	50.7	34	49.3	69	100	0.005
≥5 types of food	18	26.9	49	73.1	67	100	
Physical activity							
Moderate	41	45.6	49	54.4	90	100	0.040
Low	12	26.1	34	73.9	46	100	

Conclusion



High sodium containing food which the most frequently consume was condiment such as ketchup, soy sauce, MSG

THANK YOU