

## Lifestyle dominates cardiovascular risks in Malaysia

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### Abstrak

Penyakit kardiovaskular merupakan penyebab kematian utama di Malaysia baik di kota dan pedesaan. Untuk pencegahan dan penanggulangan masalah ini perlu disusun menurut prioritas beberapa faktor risiko. Tujuan artikel ini ialah untuk mengidentifikasi beberapa faktor risiko penyakit kardiovaskular yang dominan. Satu penelitian potong lintang komunitas dilakukan pada Maret 2000 ? Juni 2001 terhadap 8159 penduduk pinggiran kota dan pedesaan yang berusia 18 tahun ke atas untuk melihat prevalensi faktor risiko utama penyakit kardiovaskular. Faktor risiko yang diteliti adalah tekanan darah sistolik, tekanan darah diastolik, kadar kolesterol dan glukosa darah, indeks massa tubuh, kebiasaan merokok, aktivitas fisik, dan tingkat ketegangan mental. Prevalensi faktor risiko utama penyakit kardiovaskular pada umumnya tinggi yang didominasi oleh kurang aktivitas fisik (65.7%), peningkatan kolesterol ? TC:HC (62.3%), ketegangan mental (55.5%), obesitas (53.7%), dan merokok (49.9%) terutama di antara lelaki. Beberapa prevalensi meskipun meningkat menurut umur akan tetapi relatif rendah: prevalensi tekanan darah sistolik (23.7%) dan diastolik (19.2% serta penyakit kencing manis (6.3%). Faktor risiko kardiovaskular yang berkaitan gaya hidup ternyata jauh lebih prevalens dibandingkan dengan faktor risiko akibat pengaruh biologi. Oleh karena itu inisiatif upaya kesehatan masyarakat harus dipacu untuk mencegah dan mengontrol faktor risiko yang berkaitan gaya hidup.

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<b>Abstract</b><br>

Cardiovascular problem is one of the leading cause of death in Malaysia and now invaded to the sub-urban and rural areas. To prevent and control of this problem, several main risk factors needed to be known and shall be reexamined and ranked according to the priority. The objectives of this research paper was to identify several dominant risk factor related to cardiovascular problem. A cross sectional study was carried out from March 2000 ? June 2001 on a total of 8159 rural population aged 18 and above to measure the prevalence of the common cardiovascular risk factors. Those risk factors are systolic blood pressure, diastolic blood pressure, serum cholesterol level, obesity index, blood glucose level, smoking, physical activity and mental stress. Overall prevalence of common cardiovascular risk factors were higher, dominated by physical inactivity (65.7%), hypercholesterolemia ? TC:HC (62.3%), mental stress (55.5%) and obesity (53.7%). Smoking was also high at 49.9% especially among men. However systolic hypertension, diastolic hypertension and diabetes mellitus; although increased by age, its prevalence is relatively low at 23.7%, 19.2%, and 6.3% respectively. Cardiovascular risk factors related to lifestyle are much evidenced as compared to risk factors related to the biological influence. Therefore, all initiatives in community health intervention should be mobilized specifically on prevention and control of lifestyle-related risk factors.