

## **Post hypertension and stroke: a case control study**

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### **Abstrak**

Stroke is the leading non-communicable cause of death in Indonesia. The number of stroke patients increases every year. A prevention strategy needs to be implemented to control the number of stroke patients, starting by determining the factors affecting the incidence of stroke. This study aimed to determine factors affecting stroke incidence, including smoking status, past hypertension, past diabetes, diet, physical activity, and alcohol consumption. The total of respondents was 132, consisting of 66 cases and 66 controls. This study employed a case control design and systematic random sampling method. The study was conducted at Ngudi Waluyo Wlingi Public Hospital in Blitar District, East Java Province, Indonesia, in October-November 2017. Bivariate analysis showed that factors significantly related to stroke were smoking status (p-value = 0.011, OR = 2.6), past hypertension (p-value = 0.00, OR = 6), past diabetes (p-value = 0.015, OR = 5.7), and unhealthy diet (p-value = 0.00, OR = 5.7). Multivariate analysis showed that factors significantly affecting stroke were smoking status, past hypertension, and an unhealthy diet. In conclusion, smoking, past hypertension, and an unhealthy diet are factors affecting the incidence of stroke.