

# Prevalensi Dislipidemia pada Ibu Menyusui 3-6 Bulan Postpartum dan Hubungannya dengan Status Seng di Jakarta = Prevalence of Dyslipidemia in 3-6 Months Postpartum Lactating Mothers and Its Relationship with Zinc Status in Jakarta

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## Abstrak

Penelitian ini bertujuan untuk mengetahui prevalensi dislipidemia pada ibu menyusui dan hubungannya dengan status seng. Dislipidemia, yaitu abnormalitas pada kadar profil lipid, merupakan salah satu faktor risiko dari penyakit tidak menular, khususnya penyakit jantung koroner. Keadaan dislipidemia pada perempuan dapat diakibatkan oleh perubahan metabolisme lipid saat kehamilan yang dapat terus menetap hingga masa menyusui. Seng merupakan salah satu mikronutrien yang dapat mempengaruhi kadar profil lipid dan kadarnya ditemukan rendah pada ibu menyusui. Penelitian ini merupakan penelitian potong lintang yang dilakukan di Puskesmas Cilincing dan Grogol Petamburan, Jakarta pada bulan Februari-April 2019. Sebanyak 75 subjek ibu menyusui 3-6 bulan postpartum berusia 20-35 tahun direkrut menggunakan metode sampel konsekutif. Data karakteristik dasar dan asupan nutrisi diambil melalui wawancara. Pemeriksaan laboratorium dilakukan untuk mengetahui kadar profil lipid dan seng serum. Kriteria dislipidemia menggunakan acuan NCEP ATP III. Hasil penelitian didapatkan prevalensi dislipidemia 69,3% (n=52) dengan 36,5% (n=19) nya akibat kadar HDL yang rendah. Sebanyak 77,3% (n=58) subjek tidak mendapatkan asupan seng yang cukup dan berdasarkan kadar seng serum ditemukan 78,7% (n=59) subjek mengalami defisiensi seng. Tidak didapatkan hubungan bermakna antara status seng dengan dislipidemia, baik berdasarkan status asupan seng maupun status seng serum.

This study was conducted to determine the prevalence of dyslipidemia in lactating mother and its relationship with zinc status. Dyslipidemia, an abnormality in lipid profile, is one of major risk factor for non communicable disease, such as coronary heart disease. Physiologic condition, such as pregnancy, may caused physiologic changes, including alterations in lipid profile on healthy, pregnant women which may persist after delivery. Zinc may influence serum lipid profil and its level was found to be low in lactating mothers. This was a cross sectional study conducted in Puskesmas Kecamatan Cilincing, North Jakarta and Puskesmas Kecamatan Grogol Petamburan, West Jakarta between February and April 2019. Seventy five lactating mothers at 3-6 months postpartum aged 20-35 years old were recruited using consecutive sampling method. Interview were performed to collect basic characteristic and evaluate nutrient intake. Weight and height were measured to calculate body mass index (BMI). Blood sample was obtained after 10-12 hour overnight fast to analyze serum lipid profile and zinc serum. Dyslipidemia was diagnosed using NCEP ATP III criteria. The prevalence of dyslipidemia was 69.3% (n=52) with 38.5% (n=19) of them due to low HDL level. Approximately 77.3% (n=58) subjects had low zinc intake and zinc deficiency was found 78.7% (n=59) subjects. Zinc status, both based on intake and serum, showed no significant relationship with dyslipidemia.