

Nutrition and coronary heart disease risk factors of the elderly living in South Jakarta

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Abstrak

This cross sectional study was conducted on 304 elderly, aged 55 years and over, who were randomly selected at the Public Health Center levels in South Jakarta. The prevalence of CHD risk factors for the total population indicated by dyslipidemia and abdominal over fatness in this study were high (76% and 48%, respectively). Differences between gender were found with respect to body fat distribution as determinant of serum lipid profiles. In the elderly women, AHR were positively correlated with serum triglycerides and total cholesterol ($p < 0.05$) but not in the elderly men. Energy, fat and cholesterol intakes did not show correlation with any serum lipid status in this population group. Energy intake of the elderly was low. Percent energy from fat and cholesterol intake were in accordance with the Indonesian Consensus of Dyslipidemia and NCEP (National Cholesterol Education Program).

Generally, the elderly men and women had similar scores for several aspects of later life status. However cognitive function, well being, and later life status in the elderly men were higher than those in the elderly women. It was demonstrated that there was a significant negative association between physical activity score and selected serum lipid profiles (TC and TG), especially in the elderly women. Similar findings were also observed for social activity scores. No associations were found between alcohol consumption and serum lipid profiles in this study. On the other hand, smoking which was prevalent in the elderly men contributed to the elevation of serum triglycerides concentration.