

## Dietary determinants of cardiovascular disease risk profile in adult chinese living in North Jakarta

Kapantow, Nova Hellen, author

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### Abstrak

#### <b>ABSTRACT</b><br>

A cross sectional study on cardiovascular disease risk profile was carried out in North Jakarta, Indonesia. One hundred six Chinese individuals (47 men and 59 women) aged 25 years and over were recruited to collect baseline information related to dietary determinants of cardiovascular risk profile.

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Result showed high prevalence of overweight /obesity and hypertension, especially in men (43% and 48.8%, respectively). The prevalence of current smoker was 12.2% of men and 3.9% of women. The prevalence of hyperlipidemia was 14.6% of men and 9.6% of women. Mean values of BMI, WHR, and blood pressure were significantly higher in men than in women. Body fatness and blood pressure in women were significantly increased with age. In women, total cholesterol and LDL cholesterol were associated with BMI, while triglyceride was associated with WHR.

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Intake of fresh fish, crabs/lobster/shrimp, sea weed, tomato and spinach decreased with advancing age of men. No food components that significantly correlated with age of women. There were no significant relationship between food intake and other socio-demographic characteristics. In men, lamb and chocolate intake were significantly associated with BMI while rice vermicelli and sweet bread were significantly correlated with blood pressure. Total cholesterol had significant correlation with pork sausage intake of men. In women, HDL cholesterol were significantly associated with ham and beef sausage, while LDL cholesterol were associated with duck intake.

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These findings suggested that women had more favorable cardiovascular risk profile than men and age was likely to be an important determinant factor for women. Men were more prevalent smoking habit and poorer attitude to health status than women.