Hubungan Pola Makan dan Kebiasaan Merokok dengan Kadar Profil Lipid pada Dewasa Prediabetes

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INTISARI

Latar Belakang: Dislipidemia dapat terjadi pada pasien diabetes melitus. Prediabetes merupakan keadaan dimana telah terjadi beberapa kelainan metabolik dan peningkatan kadar glukosa darah di atas normal namun belum mencapai diabetes melitus. Dislipidemia dipengaruhi berbagai faktor, diantaranya adalah pola makan dan kebiasaan merokok.

Tujuan: Mengetahui hubungan pola makan dan kebiasaan merokok dengan kadar profil lipid pada dewasaa prediabetes.

Metode: Penelitian ini menggunakan data sekunder dari penelitian berjudul "Pengembangan Produk Makanan Tabur Berbasis Labu Siam dan Ikan Tuna (CHAGURO) sebagai Terapi Diet bagi Individu Prediabetes" oleh Toto Sudargo. Desain penelitian adalah observasional analitik dengan pendekatan *cross sectional (90% Confidence Interval)*. Subjek adalah dewasa prediabates di Kabupaten Sleman dengan total 69 subjek. Data didapat menggunakan: formulir SQFFQ untuk pola makan; wawancara untuk kebiasaaan merokok; dan kadar profil lipid melalui tes laboratorium (metode *Cholesterol Oxidase – Peroxidase Aminoantypirin* untuk kolesterol total, metode *Direk Precipitation* untuk kolesterol HDL dan LDL, dan metode Trinder untuk Trigliserida).

Hasil: Analisis hubungan antara pola makan dengan kadar profil lipid menunjukkan nilai p= 1,000. Analisis hubungan antara komponen pola makan (asupan energi, asam lemak jenuh, kolesterol, dan serat) dengan kadar profil lipid emunjukkan nilai: p= 0,852; p= 0,247; p= 0,956; p= 0,395. Analisis hubungan antara kebiasaan merokok dengan kadar profil lipid menunjukkan nilai p= 0,656. Analisis hubungan antara kebiasaan merokok dengan kadar kolesterol total, kolesterol HDL, kolesterol LDL, dan trigliserida menunjukkan nilai: p= 0,405; p= 1,000; p= 0,594; p= 0,076.

Simpulan: Tidak terdapat hubungan antara pola makan dan komponennya (asupan energi, asam lemak jenuh, kolesterol, dan serat) dengan kadar profil lipid. Tidak terdapat hubungan antara kebiasaan merokok dengan kadar kolesterol total, kolesterol HDL, dan kolesterol LDL. Terdapat hubungan antara kebiasaan merokok dengan kadar trigliserida.

Kata Kunci: prediabetes, pola makan, merokok, profil lipid.

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Assosiation Between Diet and Smoking with Lipid Profile in Prediabetic Adults

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ABSTRACT

Background: *Dyslipidemia can occur in patients with diabetes mellitus. Prediabetes is a condition where there have been several metabolic disorders and an increase in blood glucose levels above normal but has not yet reached diabetes mellitus. Dyslipidemia is influenced by various factors, including diet and smoking.*

Objective: *To determine the relationship between diet and smoking with lipid profile levels in prediabetic adults.*

Methods: *This study uses secondary data from a study entitled "Development of Sow Food Products Based on Chayote and Tuna (CHAGURO) as Diet Therapy for Prediabetes Individuals" by Toto Sudargo. The research design was analytic observational with a cross sectional approach (90% Confidence Interval). The subjects were prediabetic adults in Sleman with a total of 69 subjects. Data were obtained using: SQFFQ form for diet; interviews for smoking; and lipid profile levels through laboratory tests (Cholesterol Oxidase – Peroxidase Aminoantypirin method for total cholesterol, Direct Precipitation method for HDL and LDL cholesterol, and Trinder method for Triglycerides).*

Results: *Analysis of the relationship between diet and lipid profile levels showed p-value= 1,000. Analysis of the relationship between dietary components (intake of energy, saturated fatty acids, cholesterol, and fiber) and lipid profile levels showed: p-value= 0.852; p-value= 0.247; p-value= 0.956; p-value= 0.395. Analysis of the relationship between smoking and lipid profile levels showed p-value= 0.656. Analysis of the relationship between smoking and levels of total cholesterol, HDL cholesterol, LDL cholesterol, and triglycerides showed: p-value= 0.405; p-value= 1,000; p-value= 0.594; p-value= 0.076.*

Conclusion: *There is no relationship between diet and its components (intake of energy, saturated fatty acids, cholesterol, and fiber) with lipid profile levels. There is no relationship between smoking and levels total cholesterol, HDL cholesterol, and LDL cholesterol. There is a relationship between smoking and triglyceride levels.*

Keywords: *prediabetes, diet, smoking, lipid profile.*

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