Abstrak

Latar belakang: Populasi lansia di dunia maupun Indonesia terus meningkat. Penurunan fungsi kognitif merupakan proses tidak terhindarkan seiring bertambahnya usia dan dapat menjadi masalah kesehatan bagi lansia. Asupan tinggi lemak jenuh dan tinggi kolesterol diketahui dapat meningkatkan resiko penurunan fungsi kognitif, sedangkan asupan tinggi PUFA protektif terhadap resiko penurunann fungsi kognitif.
Tujuan: Mengetahui hubungan asupan lemak jenuh, PUFA dan kolesterol dengan fungsi kognitif pada lansia di Yogyakarta
Metode: Desain kohort retrospektif pada 343 lansia usia ≥ 65 tahun di Kota Yogyakarta dan Kabupaten Kulon Progo. Asupan makan dinilai menggunakan SQFFQ dan fungsi kognitif dinilai dengan *mini mental state examination* (MMSE). Analisis bivariate menggunakan *chi-square test* dan *Wilcoxon rank test*, analisis multivariate dengan regresi logistik.
Hasil: Lansia yang mengalami penurunan fungsi kognitif saat *baseline* sebesar 60.4% dan meningkat 8.1% saat *follow-up*. Analisis multivariate menunjukkan asupan tinggi PUFA tidak menurunkan resiko penurunan fungsi kognitif (OR=1.00, IK95%0.49 – 2.04) dan asupan tinggi kolesterol tidak meningkatkan resiko penurunan fungsi kognitif (OR=0.89, CI95%0.42 – 1.89), selain itu hasil tersebut tidak bermakna secara statistik. Asupan tinggi lemak jenuh meningkatkan resiko penurunan fungsi kognitif (OR=2.6, CI95%1.27 – 5.53) dan bermakna secara statistik.
Kesimpulan: Asupan tinggi lemak jenuh meningkatkan resiko penurunan fungsi kognitif pada lansia di Yogyakarta. Sebaliknya, asupan tinggi PUFA dan tinggi kolesterol tidak meningkatkan maupun menurunkan resiko penurunan fungsi kognitif.

KATA KUNCI: PUFA; lemak jenuh; kolesterol; fungsi kognitif; lansia

Abstract

***Background**: The elderly population in the world and in Indonesia continues to increase. The decline in cognitive function is an unavoidable process with age and can be a health problem for the elderly. High intakes of saturated fat and high cholesterol are known to increase the risk of cognitive decline, while high intakes of PUFAs are protective against the risk of cognitive decline.*
***Objective**: To determine the relationship between saturated fat, PUFA and cholesterol intake with cognitive function in the elderly in Yogyakarta*
***Methods**: Retrospective cohort design on 343 elderly people aged 65 years in Kota Yogyakarta and Kulon Progo Regency. Food intake was assessed using the SQFFQ and cognitive function was assessed by a mini mental state examination (MMSE). Bivariate analysis using chi-square test and Wilcoxon rank test, multivariate analysis with logistic regression.*
***Results**: The decline in cognitive function at baseline was 60.4% and increased by 8.1% at follow-up. Multivariate analysis showed that a high intake of PUFA did not decrease the risk of cognitive decline (OR=1.00, 95% CI 0.49 – 2.04) and a high intake of cholesterol did not increase the risk of cognitive decline (OR=0.89, CI95%0.42 – 1.89). High intake of saturated fat increased the risk of cognitive decline (OR=2.6, 95% CI 1.27 – 5.53) and was statistically significant.*
***Conclusions**: High intake of saturated fat increases the risk of cognitive decline in the elderly in Yogyakarta. In contrast, a high intake of PUFA and high cholesterol did not increase or decrease the risk of cognitive decline.*

***KEY WORDS**: PUFA; saturated fat; cholesterol; cognitive function; older adults*