

ABSTRAK

Pendahuluan: WHO menyatakan bahwa kematian akibat penyakit tidak menular (PTM) mengalami peningkatan sebesar 10% dari 31 juta kematian pada tahun 2010 menjadi 38 juta kematian pada tahun 2012. Hampir setengah dari jumlah kematian tersebut diakibatkan oleh penyakit kardiovaskuler (17,5 juta kematian) dimana 6,7 juta diantaranya meninggal karena stroke. Faktor risiko terbesar dari stroke adalah hipertensi. Konsumsi makanan tinggi lemak yang diduga dapat mempercepat munculnya aterosklerosis pada pasien hipertensi yang kemudian menimbulkan komplikasi berupa stroke.

Tujuan: Menginvestigasi hubungan frekuensi konsumsi produk hewani terhadap kejadian stroke di tahun 2014/2015 pada orang yang pernah terdiagnosis hipertensi di tahun 2007/2014.

Metode: Penelitian ini merupakan penelitian epidemiologi jenis analitik dengan desain penelitian retrospektif berupa studi kasus kontrol. Penelitian ini menganalisis data sekunder longitudinal dari IFLS 4 dan 5 (2007/2008 dan 2014/2015). Analisis dilakukan secara univariat, bivariat, dan multivariat yang dilakukan pada populasi terdiagnosis hipertensi pada IFLS 4.

Hasil: Hasil analisis bivariat dengan menggunakan uji *chi square* dan uji *Fisher's exact* menemukan bahwa variabel yang berhubungan signifikan dengan diagnosis stroke pada IFLS 5 adalah konsumsi ikan IFLS 5, konsumsi susu IFLS 4, konsumsi gorengan IFLS 5, diagnosis hipertensi IFLS 5, diagnosis diabetes melitus IFLS 4 dan 5, serta aktivitas fisik IFLS 5 dengan nilai $p < 0,05$. Hasil analisis multivariat menunjukkan empat variabel yang berhubungan signifikan dengan diagnosis stroke, yaitu diagnosis hipertensi IFLS 5 (OR = 3,95; IK 95% = 1,62 – 9,64), indeks massa tubuh IFLS 4 (OR = 2,33; IK 95% = 1,06 – 5,12), konsumsi gorengan IFLS 5 (OR = 0,33; IK 95% = 0,15 – 0,73), dan aktivitas fisik IFLS 5 (OR = 0,31; IK 95% = 0,14 – 0,67).

Kesimpulan: Konsumsi telur dan konsumsi daging tidak berhubungan signifikan dengan stroke. Konsumsi ikan berhubungan signifikan dengan penurunan risiko stroke dengan OR = 0,47. Konsumsi susu berhubungan signifikan dengan diagnosis stroke ($p = 0,043$). Analisis multivariat menghasilkan kesimpulan bahwa tiga variabel IFLS 5 yaitu aktivitas fisik, diagnosis hipertensi, dan konsumsi gorengan serta variabel indeks massa tubuh IFLS 4 memiliki hubungan signifikan dengan diagnosis stroke pada IFLS 5.

Kata Kunci: konsumsi produk hewani, diagnosis stroke, populasi hipertensi

ABSTRACT

Introduction: WHO stated that deaths from non-communicable diseases (PTM) have increased by 10% from 31 million deaths in 2010 to 38 million deaths in 2012. Almost half of these deaths were due to cardiovascular disease (17.5 million deaths) which 6.7 million of them died of stroke. The biggest risk factor of stroke is hypertension. Consumption of high-fat foods is allegedly accelerating the formation of atherosclerosis in hypertensive patients which could lead to stroke.

Purpose: To investigate the association between frequency of animal product consumption and stroke incidence in 2014/2015 on hypertensive population diagnosed in 2007/2008.

Method: This research was an analytic epidemiological research with retrospective research design in the form of case control study conducted by analyzing longitudinal data from IFLS 4 and 5 (2007/2008 and 2014/2015). The analysis was performed in univariate, bivariate, and multivariate on hypertensive population diagnosed in IFLS 4.

Result: The results of bivariate analysis using chi square test and Fisher's exact test found several variables significantly correlated with stroke diagnosis in IFLS 5 were IFLS 5 fish consumption, IFLS 4 milk consumption, IFLS 5 fried consumption, IFLS 5 hypertension, diabetes mellitus in IFLS 4 and 5, and physical activity in IFLS 5 with $p < 0,05$. The result of multivariate analysis showed four variables significantly related to stroke diagnosis, IFLS 5 hypertension (OR = 3.95, CI 95% = 1.62 - 9.64), body mass index in IFLS 4 (OR = 2,33; CI 95% = 1.06 - 5.12), IFLS 5 fried consumption (OR = 0.33; CI 95% = 0.15 - 0.73); and physical activity in IFLS 5 (OR = 0.31; CI 95% = 0.14 - 0.67).

Conclusion: Egg consumption and meat consumption were not significantly related to stroke. Fish consumption was significantly associated with decreased risk of stroke with OR = 0.47. Milk consumption was significantly associated with stroke diagnosis ($p = 0.043$). Multivariate analysis resulted in the conclusion that three IFLS 5 variables such as physical activity, hypertension diagnosis, and fried food consumption and IFLS 4 body mass index variables were significantly associated with stroke diagnosis in IFLS 5.

Keywords: animal product consumption, stroke diagnosis, hypertensive population.