

## INTISARI

**Latar Belakang:** Diabetes melitus (DM) menduduki posisi ke 6 dari semua penyebab kematian di Indonesia untuk semua golongan usia dan urutan ke 5 penyebab kematian terbanyak berdasarkan hasil Riskesdas 2013. Prevalensi nasional DM Indonesia adalah 1,5% dan prevalensi DM di Provinsi Jawa Tengah berada diatas angka prevalensi nasional yaitu 1,6%. *American Heart Association* pada Mei 2012 menyatakan 65% penderita DM meninggal akibat penyakit jantung. Prevalensi kejadian DM dan penyakit jantung koroner (PJK) di Banjarnegara mengalami peningkatan setiap tahunnya. Penelitian ini bertujuan untuk mengetahui faktor yang berhubungan dengan kejadian penyakit jantung koroner pada penderita diabetes melitus di Kabupaten Banjarnegara.

**Metode:** Studi *case control* yang dilakukan pada Mei-Juni 2016 di RSUD Banjarnegara dan RS Emanuel. Kasus yaitu penderita DM yang mengalami PJK berdasarkan diagnosis dokter dan kontrol adalah penderita DM yang tidak mengalami PJK. Besar sampel dalam penelitian ini, 85 kasus dan 85 kontrol. Pengambilan sampel dengan cara *consecutive sampling*. Data dianalisis dengan uji *chi square* dan regresi logistik.

**Hasil:** Faktor yang berhubungan dengan kejadian penyakit jantung koroner pada penderita diabetes melitus di Kabupaten Banjarnegara yaitu variabel riwayat hipertensi dengan aOR sebesar 2,66 (95%CI= 1,30-5,44; p= 0,007), obesitas dengan aOR sebesar 1,94 (95% CI= 1,01-3,74; p= 0,045) dan riwayat DM pada keluarga dengan aOR sebesar 2,19 (95% CI= 1,14-4,20; p= 0,018). Umur, jenis kelamin, lama menderita DM, merokok, aktivitas fisik dan riwayat PJK keluarga tidak berhubungan dengan kejadian PJK pada penderita DM di Kabupaten Banjarnegara.

**Kesimpulan:** Sebagian besar responden memiliki riwayat hipertensi dan beraktivitas fisik dengan intensitas ringan. Diharapkan masyarakat menyadari pentingnya pola hidup sehat dengan cara mengontrol pola makan, mengurangi konsumsi lemak tinggi, mengurangi konsumsi gula dan meningkatkan aktivitas fisik. Selain itu diharapkan masyarakat melakukan pengontrolan tekanan darah dan gula darah secara berkala. Bagi fasilitas pelayanan kesehatan diharapkan mengaktifkan kembali pusat edukasi dan klinik pelayanan kesehatan untuk penderita diabetes melitus.

**Kata kunci:** Diabetes melitus, penyakit jantung koroner, hipertensi, Banjarnegara

**FACTORS ASSOCIATED WITH CORONARY HEART DISEASE  
INCIDENCE IN DIABETES MELLITUS PATIENT  
AT BANJARNEGARA DISTRICT**

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**ABSTRACT**

**Background:** Diabetes mellitus (DM) occupying the 6th position of all-cause death in Indonesia for all age groups and the 5th position of death cause based on the Riskesdas 2013. The national prevalence of DM in Indonesia is 1.5% and the prevalence of DM in the province of Central Java is above national prevalence at 1.6%. American Heart Association in May 2012 claimed 65% of people with diabetes died as the result of heart disease. The prevalence of diabetes and Coronary Heart Disease (CHD) in Banjarnegara increases every year. This study aims to identify factors associated with coronary heart disease incidence in diabetes mellitus patient in Banjarnegara district.

**Methods:** A case control study wich was conducted in May-June 2016 at Banjarnegara Hospital and Emanuel Hospital. The Cases was DM patients who had CHD based on doctor diagnosis and the control was DM patients who did not have CHD. The sample size in this study, 85 cases and 85 controls. This study used consecutive sampling. Data was analyzed by chi-square test and logistic regression.

**Results:** Factors associated with coronary heart disease incidence in diabetes mellitus patients in Banjarnegara district were variable hypertension history and aOR by 2.66 (95% CI = 1.30 to 5.44;  $p = 0.007$ ), obesity with aOR of 1, 94 (95% CI = 1.01 to 3.74;  $p = 0.045$ ) and a family history of diabetes with aOR of 2.19 (95% CI = 1.14 to 4.20;  $p = 0.018$ ). Age, sex, long suffering from diabetes, smoking, physical activity and family history of coronary heart disease were not associated with CHD incidence in DM patients in Banjarnegara district.

**Conclusion:** The majority of respondents had a story of hypertension and had a habit of physical activity with a light intensity. It is expected that the public aware of the importance of healthy lifestyles by controlling diet, reducing the consumption of high-fat, reducing sugar consumption and increasing physical activity. Also expected people to do periodic checking of blood pressure and blood sugar. For health care facilities are expected to reactivate the center of education and health care clinics for diabetes mellitus.

**Keywords:** Diabetes mellitus, coronary heart disease, hypertension, Banjarnegara

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