

HUBUNGAN ASUPAN SERAT DENGAN BEBERAPA FAKTOR RISIKO PENYAKIT KARDIOVASKULER

Artikel Penelitian

Disusun sebagai salah satu syarat untuk menyelesaikan
studi pada Program Studi Ilmu Gizi, Fakultas Kedokteran
Universitas Diponegoro



disusun oleh :

FELISIA VESTINA SANTAWATI

G2C006025

PROGRAM STUDI ILMU GIZI FAKULTAS KEDOKTERAN

UNIVERSITAS DIPONEGORO

SEMARANG

2010

The Association Between Fiber Intake With Some Risk Factors for Cardiovascular Disease

Felisia Vestina Santawati¹ Kusmiyati DK²

ABSTRACT

Background : Cardiovascular disease is leading cause of death in Indonesia. Cardiovascular disease risk factors are age, family history, smoking habit, alcohol consumption, hypertension, diabetes, obesity, increased level of LDL cholesterol and triglyceride, decreased level of HDL cholesterol, low in dietary intake, physical inactivity and increased level of homocysteine.

Objective : To analyze the association between fiber intake with waist circumference, blood pressure, lipid profile and fasting blood glucose

Method : Design of this study is cross sectional with 32 samples by simple random sampling. Data collected included characters of subject, fiber, protein, carbohydrate, fat, cholesterol intake, physical activity, smoking habit, waist circumference result, blood pressure, lipid profile and fasting blood glucose measurement. Data were analyzed by correlation analysis Pearson product moment and rank Spearman.

Result : The intake of fiber in 90,6% subject were in less category, 75% categorized as central obesity. 6,2% subject has stage 1 of hypertension systolic blood pressure and 12,4% has stage 1 of hypertension diastolic blood pressure. 28,1% subject has borderline high total cholesterol 6,3% has high triglyceride, 3,1 % has very high LDL cholesterol, 18,8% has optimal HDL cholesterol, 100% has fasting blood glucose normal. There was association between fiber intake with waist circumference after controlled by protein, carbohydrate, fat, cholesterol, smoking habit and physical activity ($p < 0,05$).

Conclusion : There was association between fiber intake with waist circumference.

Keyword : *fiber, risk factor for cardiovascular disease*

¹ Student of Nutrition Science Study Program at Medical Faculty, Diponegoro University, Semarang

² Lecturer of Nutrition Science Study Program at Medical Faculty, Diponegoro University, Semarang

Hubungan Asupan Serat dengan Beberapa Faktor Risiko Penyakit Kardiovaskuler

Felisia Vestina Santawati¹ Kusmiyati DK²

ABSTRAK

Latar Belakang : Penyakit kardiovaskuler merupakan penyebab kematian utama di Indonesia. Faktor risiko penyakit kardiovaskuler antara lain usia, genetik, kebiasaan merokok, konsumsi alkohol, hipertensi, diabetes, obesitas, peningkatan kadar kolesterol LDL dan trigliserida, penurunan kadar kolesterol HDL, asupan serat kurang, aktivitas fisik yang rendah dan peningkatan kadar homosistein.

Tujuan : Untuk menganalisis hubungan asupan serat dengan lingkaran pinggang, tekanan darah, profil lipid dan glukosa darah.

Metoda : Desain penelitian ini adalah *cross sectional* dengan jumlah sampel 32 orang, cara pengambilan sampel dengan *simple random sampling*. Data meliputi identitas subjek, asupan serat, protein, karbohidrat, lemak, kolesterol, aktivitas fisik, kebiasaan merokok, hasil pengukuran lingkaran pinggang, tekanan darah, profil lipid, glukosa darah puasa. Analisis bivariat dengan uji korelasi *Pearson product moment* dan *rank Spearman*.

Hasil : Asupan serat 90,6% subjek dalam kategori kurang, subjek dengan obesitas sentral 75%. Sebanyak 6,2% subjek memiliki tekanan darah sistolik hipertensi derajat 1 dan 12,4% memiliki tekanan darah diastolik hipertensi derajat 1. Subjek memiliki kadar kolesterol total *borderline high* 28,1%, trigliserida tinggi 6,3%, kolesterol LDL sangat tinggi 3,1%, kolesterol HDL optimal 18,8%, glukosa darah puasa normal 100%. Ada hubungan antara asupan serat dengan lingkaran pinggang setelah dikontrol dengan asupan protein, karbohidrat, lemak, kolesterol, kebiasaan merokok, aktivitas fisik ($p < 0,05$).

Simpulan : Terdapat hubungan asupan serat dengan lingkaran pinggang.

Kata Kunci : serat, faktor risiko penyakit kardiovaskuler

¹ Mahasiswa Program Studi Ilmu Gizi Fakultas Kedokteran Universitas Diponegoro Semarang

² Dosen Program Studi Ilmu Gizi Fakultas Kedokteran Universitas Diponegoro Semarang