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ASSOCIATION OF AGE, OBESITY, PHYSICAL ACTIVITY, SMOKING HABITS WITH HYPERTENSION INSIDENT 55-64 YEARS OLD MEN IN NORTH SUMATERA AND NANGROE ACEH DARUSSALAM (NAD)

xv. VI chapters, 146 pages, 15 tables

Background: Hypertension is an increase in blood pressure exceeds normal limits that > 140/90 mmHg. Hypertension can be prevented by controlling risk factors and lifestyle behaviors. The prevalence of hypertension in North Sumatra and NAD was 15.1%.

Objective: To determine the relationship of physical activity, obesity and smoking and hypertension in men aged 55-64 years in the province of North Sumatra and Aceh (NAD).

Methods: This study uses data RISKESDAS 2007 with a sample of 3804 people. Data age, smoking, and physical activity can be through interviews. Blood pressure was measured through interviews whether the respondent had been diagnosed by medical personnel exposed to hypertension. Bivairat analysis to determine the relationship of variables against hypertension. Multivariate analysis to determine the factors that most influence on hypertension and a significant interaction between the variables.

Results: The results of the bivariate analysis showed a significant association between age groups ($p = 0.000$), obesity ($p = 0.000$) and smoking ($p = 0.009$). Physical activity showed no significant relationship to hypertension ($p \geq 0.05$). The most dominant factor associated with hypertension is variable age (OR = 1,982; 95% CI: 1652-2378), obesity (OR = 1.525; 95% CI; 1271-1829). The results of multivariate analysis between age and obesity are the most effect on the incidence of hypertension.

Conclusion: The importance of the role of government in community to pay more attention to seek the ideal body weight and regular physical activity.

Bibliography : 61 (1998–2014)