

## Hypertension in Urban Areas: Hypertension Risk Factors in the Community of Banjar Pengiasan, Dauh Puri Kauh Village, West Denpasar Municipality, Bali

P.Y. Pramana



Faculty of Medicine and Health Science, Warmadewa University, Bali, Indonesia

### Abstract:

Hypertension is a serious medical condition that increases the risk of heart, kidney, brain diseases and is a leading cause of premature death worldwide. Differences in the demographics, customs and habits in an area result in differences in the main risk factor for hypertension. This study aimed to determine the risk factors for hypertension among the people in the Banjar Pengiasan community. We used a community based cross-sectional study with a sample of 125 people selected using simple random sampling was conducted among adults 30 years and older living in Banjar Pengiasan in July until October 2019. The study collected data on sociodemographic, stress, food and physical activity using questionnaire. Anthropometric, blood pressure, and total cholesterol measurements were performed following standard procedures. Multiple logistic regression was used for analysis and odds ratios with 95% confidence intervals were calculated to identify risk factors associated with hypertension. The prevalence of hypertension was 67.2%. The logistic regression analysis shows age [OR=18.576(CI95% 2.955-116.782)], family history [OR=10.480(CI95% 1.106-99.288)], total cholesterol [OR=12.628(CI95% 2.406-66.279)], obesity [OR=4.750(CI95% 1.240-20.060)], salt consumption [OR=6.069(CI95% 1.162-31.689)], physical activity [OR=9.191(CI95% 1.360-62.108)] and coffee consumption [OR=5.833(CI95% 1.031-33.009)] significantly associated with hypertension. Smoking, sex and stress are not risk factors for hypertension. In this study, it was found that being  $\geq 60$  years age, high total cholesterol, family history, low physical activity, high salt consumption, coffee consumption, and obesity are risk factors for hypertension. With these it expected that preventive efforts can be made to reduce the prevalence of hypertension.



### Biography:

Yogi Pramana is a medical student and study in Faculty of Medicine and Health Science, Warmadewa University, Bali, Indonesia. He was also involved in a community service program in the form of a pap smear examination as an early detection of cervical cancer in Taro Village, Gianyar district, Bali and a volunteering for the pandemic COVID 19 prevention in Bali. He has successfully completed as participant short course on Science and Technology of Consciousness "Knowledge is Structured in Consciousness" in Maharishi International University of Management, Fairfield, United State of America. He has a hobby of playing traditional Balinese music

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