ABSTRAK

Obesitas merupakan faktor risiko utama penyakit kardiovaskuler. *Body Mass Index* (BMI) merupakan parameter antropometri yang banyak diukur dalam penilaian obesitas dan dikaitkan hubunganya dengan faktor risiko penyakit kardiovaskuler (FRS). Tujuan penelitian ini mengetahui hubungan antara *Body Mass Index* (BMI) terhadap risiko penyakit kardiovaskuler pada wanita dewasa di Desa Kepuharjo, Kecamatan Cangkringan, Sleman, Yogyakarta. Penelitian dilakukan secara cross-sectional pada 62 wanita dengan kriteria inklusi rentang usia 40-60 tahun dan menandatangani *informed consent*. Kriteria eksklusi responden yaitu tidak hadir saat pengambilan data, data tidak lengkap, memiliki riwayat penyakit kardiovaskular, hamil, edema, dan tidak berpuasa sebelum pengambilan sampel darah. Data yang diambil berupa pengukuran Parameter antropometri yaitu pengukuran berat badan, pengukuran tinggi badan, umur, jenis kelamin, tekanan darah sistolik, tekanan darah diastolik, status diabetes, HDL, dan total kolesterol serta penilaian faktor risiko menggunakan *Framingham Risk Score*. Hasil uji korelasi Pearson antara *Body Mass Index* dengan *Framingham Risk Score* adalah r= 0,241 : p= 0,059. *Body Mass Index* memiliki korelasi lemah dan tidak bermakana. Responden penduduk Desa Cangkringan wanita yang mengalami obesitas 53,23%, *overweight* 20,96%, dan normal 25,806%. Korelasi antara *Body Mass Index* dengan faktor risiko penyakit kardiovaskuler 10 tahun mendatang berkorelasi negatif dengan kekuatan lemah.

Kata Kunci: *Body Mass Index* (BMI); Penyakit Kardiovaskuler; *Framingham Risk Score* (FRS)

ABSTRACT

Obesity is a major risk factor for cardiovascular disease. Body Mass Index (BMI) is an anthropometric parameters were measured in obesity assesment and associated for risk factors for cardiovascular disease (FRS). The purpose of this study is knowing the relationship between Body Mass Index (BMI) on the risk of cardiovascular disease in adult women in the village Kepuharjo, Cangkringan, Sleman, Yogyakarta. The research was conducted by cross-sectional in 62 women with criteria age 40-60 years and signed *informed consent*. Exclusion criteria respondent is not present when the data is taken, the data is not complete, having a history of cardiovascular disease, pregnancy, edema, and not fasting before blood sampling. Data was taken by anthropometric measurements are the measurement of height, measurement of weight, parametersare assessments Body Mass Index, age, sex, systolic blood pressure, diastolic blood pressure, diabetes status, HDL, and total cholesterol as well as the assessment of risk factors by using the Framingham Risk Score. The results of Pearson correlation test between Body Mass Index with the Framingham Risk Score was r = 0.241: p = 0.059. Body Mass Index has positive and weak energy. Respondents of population women in Cangkringan village who are obese is 30.645%, overweight is 43.548%, and normal is 25.806%. Correlation between Body Mass Index with cardiovascular disease risk factors next ten years is negative and weak energy .

Keywords: Body Mass Index (BMI); Cardiovascular Disease; Framingham Risk Score (FRS).