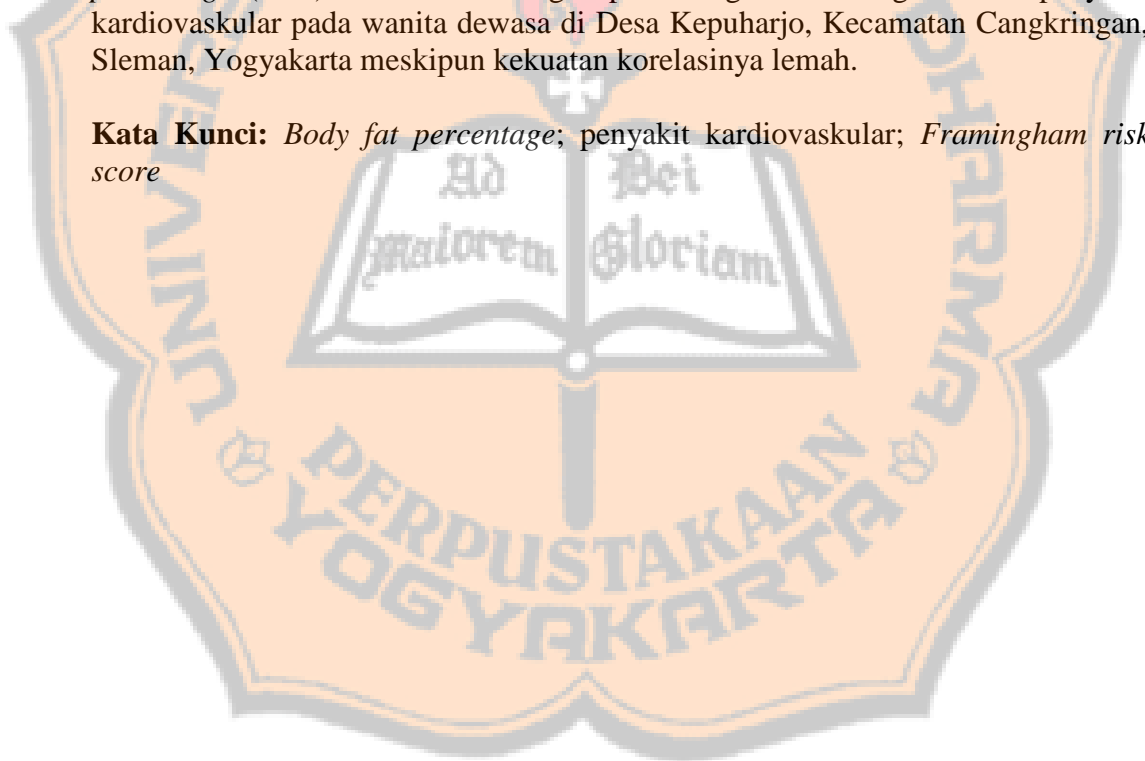


ABSTRAK

Obesitas merupakan faktor risiko utama penyakit kardiovaskular. *Body fat percentage* (BFP) merupakan parameter antropometri yang banyak diukur dalam penilaian obesitas dan hubungannya dengan faktor risiko penyakit kardiovaskular. Penelitian ini dilakukan untuk mengidentifikasi hubungan antara *body fat percentage* (BFP) terhadap risiko penyakit kardiovaskular pada wanita dewasa di Desa Kepuharjo, Kecamatan Cangkringan, Sleman, Yogyakarta. Penelitian observasional analitik secara *cross-sectional* dilakukan pada 62 wanita yang dievaluasi menggunakan algoritma *Framingham risk score* (FRS) untuk pencegahan dan penilaian risiko penyakit kardiovaskular. Parameter yang diukur antara lain tekanan darah sistolik (TDS), diastolik (TDD), profil lipid puasa, dan glukosa darah puasa (GDP). Penilaian *body fat percentage* (BFP) menggunakan pengukuran 3 bagian *skinfold thickness*. Keseluruhan 62 responden diikutsertakan dalam analisis dan berdasarkan uji korelasi Pearson, *body fat percentage* (BFP) dan *Framingham risk score* (FRS) didapatkan nilai $r = 0,269$ dan $p = 0,035$. *Body fat percentage* (BFP) memiliki hubungan positif signifikan dengan risiko penyakit kardiovaskular pada wanita dewasa di Desa Kepuharjo, Kecamatan Cangkringan, Sleman, Yogyakarta meskipun kekuatan korelasinya lemah.

Kata Kunci: *Body fat percentage*; penyakit kardiovaskular; *Framingham risk score*



ABSTRACT

Obesity is one of the main risk factor of cardiovascular disease. Body fat percentage (BFP) is an anthropometric parameter which commonly measured to assess obesity and the relation with cardiovascular disease risk factor. This study investigate the relation between body fat percentage (BFP) with the risk factor of cardiovascular disease on adult female in Kepuharjo Vilage, Cangkringa, Sleman, Yogyakarta Observational analytic with cross-sectional research was conducted on 62 female subject using Framingham risk score (FRS) algorithm to prevent and assess cardiovascular disease risk. The parameters which were measured such as systolic blood pressure (SBP), diastolic blood pressure (DBP), profile lipid, and fasting plasma glucose (FPG). The body fat percentage (BFP) assessment using 3 parts of skinfold thickness measurement. Overall, 62 subject included in the analysis and based on the Pearson correlation test, body fat percentage (BF %) and Farmingham risk score (FRS) r value was 0,269 and p value was 0,035. Body fat percentage (BF %) has significantly positive correlation with cardiovascular diseases risk factor of adult woman in Kepuharjo village, Cangkringan, Sleman, Yogyakarta but with an insubstantial amount of correlation factor strength.

Keywords: Body fat percentage; cardiovascular disease; Framingham risk score

