

Abstrak

Lingkar pinggang (LP) dan rasio lingkar pinggang panggul (RLPP) merupakan pengukuran antropometri untuk melihat obesitas sentral yang merupakan faktor risiko dari penyakit kardiovaskular karena menggambarkan distribusi lemak di bagian abdomen. Mengetahui adanya hubungan lingkar pinggang dan rasio lingkar pinggang panggul pria terhadap risiko penyakit kardiovaskular. Observasional analitik dengan rancangan *cross sectional* pada 40 pria. Kriteria inklusi yaitu pria di Desa Kepuharjo, berusia 40-60 tahun, telah menandatangani *informed consent*, bersedia berpuasa 10-12 jam. Kriteria eksklusi yaitu hasil pemeriksaan responden tidak lengkap, memiliki riwayat penyakit kardiovaskular (jantung koroner, stroke, serangan iskemik transien, penyakit arteri perifer, dan gagal jantung), dan dalam keadaan udem. Variabel yang diukur berupa LP, RLPP, SBP, DBP, GDP, *total cholesterol*, dan *Framingham Risk Score*. Analisis data menggunakan uji normalitas *Shapiro-Wilk*, uji korelasi *Pearson* serta uji komparatif *Independent T-test* dengan taraf kepercayaan 95%. Responden memiliki LP dan RLPP yang masuk dalam kategori *non obese* sebanyak (77,5%; 55%) dan *obese* (22,5%; 45%). Korelasi antara LP dan RLPP dengan risiko penyakit kardiovaskular yaitu ($r=0,201$; $p=0,242$) dan ($r=0,295$; $p=0,064$). Adanya korelasi positif tidak bermakna dengan kekuatan lemah antara lingkar pinggang dan rasio lingkar pinggang panggul terhadap risiko penyakit kardiovaskular pada pria di Desa Kepuharjo ($r=0,201$; $p=0,242$) dan ($r=0,295$; $p=0,064$).

Kata Kunci: Lingkar pinggang; rasio lingkar pinggang panggul; penyakit kardiovaskular; *Framingham Risk Score*.

Abstract

Waist circumference (LP) and waist to hip ratio (RLPP) is an anthropometric measurement for predicting the presence of central obesity it describes abdominal fat distribution section which is a risk factor for cardiovascular disease. Knowing the relationship between waist circumference and waist to hip ratio of male pelvis against the risk of cardiovascular disease. Analytic observational research with cross sectional study on 40 men. The inclusion criteria were adult male respondents at Kepuharjo village, 40-60 years old, who signed informed consent, and were willing to fast for 10-12 hours. Exclusion criteria was the incomplete results of the respondents, having a history of cardiovascular disease (coronary heart disease, stroke, transient ischemic attack, peripheral artery disease, and heart failure), and in a state of edema. Measured variables were waist circumference, waist circumference ratio, SBP, DBP, FBG, total cholesterol, and the Framingham Risk Score. Data analysis employed the Shapiro-Wilk normality test, Pearson correlation test and comparative test Independent T-test with a level of 95%. Respondents who have a waist circumference and waist to hip ratio which are in accordance with the category of non obese are (77.5%; 55%) and obese (22.5%; 45%). The correlation between waist circumference and waist to hip ratio with the risk of cardiovascular disease, are ($r=0,201$; $p=0,242$) and ($r=0,295$; $p=0,064$). The positive correlation does not define the weak force between waist circumference and waist to hip ratio against the risk of cardiovascular disease in men in the village Kepuharjo, Cangkringan, Sleman, Yogyakarta ($r=0,201$; $p=0,242$) and ($r=0,295$; $p=0,064$).

Keywords: waist circumference; waist circumference ratio; cardiovascular disease; Framingham Risk Score.