

Hasil:

Terdapat 52,9% subyek dengan obesitas sentral (8,8% laki-laki dan 44,1% perempuan) pada penelitian ini. Rerata rasio Apo B / apoA-1 pada wanita dengan atau tanpa obesitas sentral adalah $0,71 + 0,21$ vs $0,64 + 0,18$; $p = 0.270$. Rerata rasio Apo B / apoA-1 pada laki-laki dengan atau tanpa obesitas sentral adalah $0,72 + 0,16$ vs $0,76 + 0,13$; $p = 0.445$.

Kesimpulan:

Terdapat perbedaan rasio Apo B / apoA-1 pada populasi pedesaan dengan atau tanpa obesitas sentral tetapi secara statistik tidak signifikan.

Kata kunci: Apo B / apoA-1, obesitas sentral, pedesaan

Rasio Apo B/Apo A-1 pada Populasi Dewasa dengan Obesitas Sentral di area pedesaan Yogyakarta

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Abstract**Introduction**

The Apo B/ApoA-1 ratio represents the balance between apo B rich atherogenic particles and apoA-1 rich anti atherogenic particles. This ratio is considered to be a marker of cardiovascular diseases. Central obesity or abdominal obesity is the form of selective excess of intra-abdominal fat. Several studies have shown that abdominal obesity increases the risk of cardiovascular diseases (CVD) too. The purpose of the

study is to know the difference values of the the Apo B/ApoA-1 ratio between population with or without central obesity in rural area of Yogyakarta.

Method :

This cross-sectional study was conducted on July 2016 in Cangkringan, Yogyakarta. In person interviews, anthropometric and blood pressure measurement, blood glucose and Apo B, Apo A-1 measurement were completed in 102 healthy subjects (40 men, 62 women), ages 40-60 years old. The subjects received detailed information about the aim and methodology of the study and signed the informed consent form.

Results:

There are 52,9% subjects with central obesity (8,8% men and 44,1% women). The mean of Apo B/ApoA-1 ratio between women with or without central obesity are $0,71 \pm 0,21$ vs $0,64 \pm 0,18$; $p=0,270$. The mean of Apo B/ApoA-1 ratio between men with or without central obesity are $0,72 \pm 0,16$ vs $0,76 \pm 0,13$; $p=0,445$.

Conclusion :

The difference values of the Apo B/ApoA-1 ratio in the rural population with or without central obesity was not statistically significant

Keywords : Apo B/ApoA-1 ratio, Central obesity, rural

Pendahuluan

Obesitas sentral sering disebut juga obesitas abdominal adalah suatu keadaan dimana penimbunan lemak terjadi secara berlebihan dan jauh melebihi normal di daerah intra-abdomen.¹ Peningkatan kejadian obesitas sentral