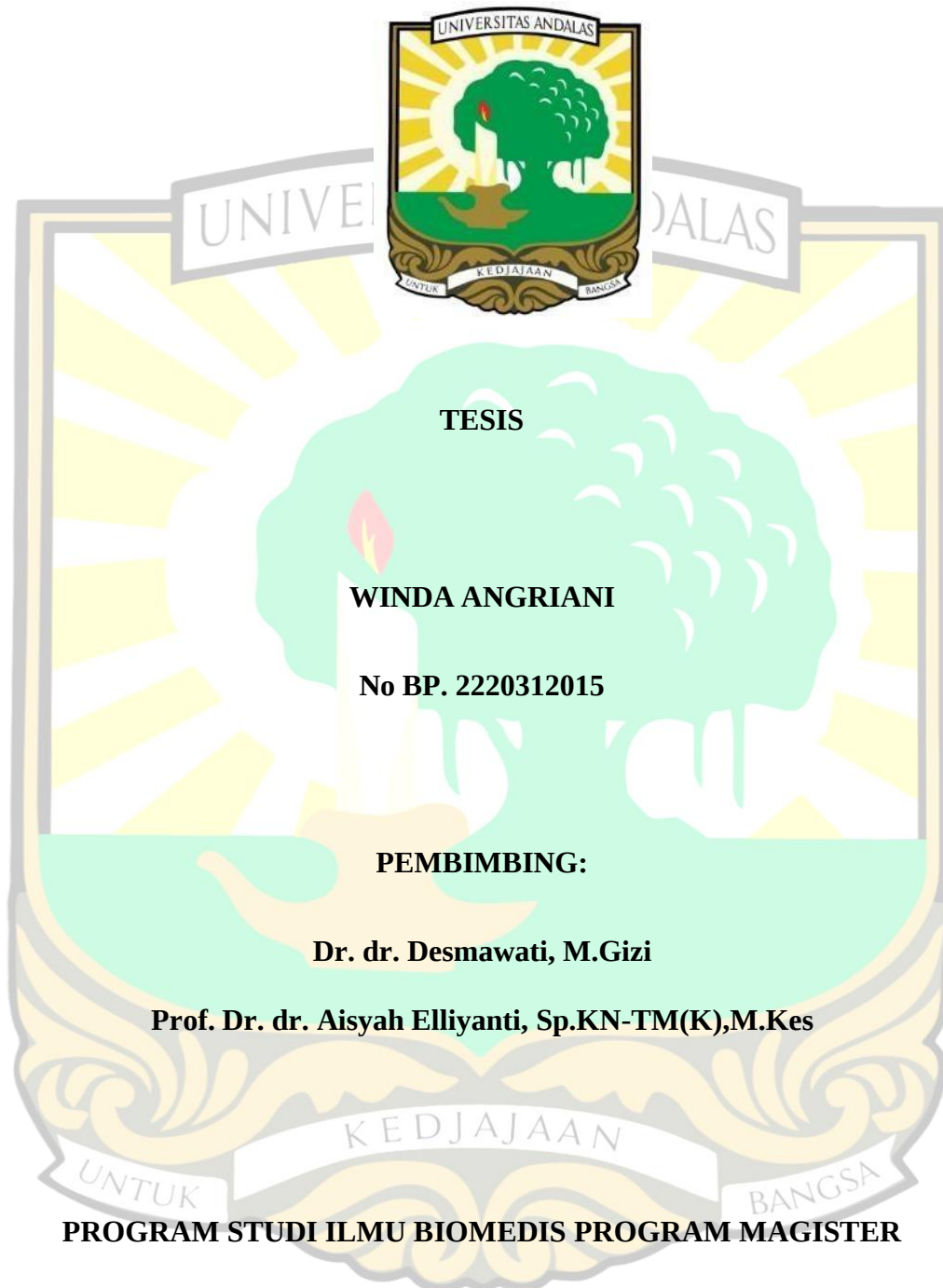


**PERBEDAAN KADAR *NON- HIGH DENSITY LIPOPROTEIN*, TEKanan DARAH
DAN LINGKAR PERUT ANTARA WANITA DEWASA *NORMAL-WEIGHT LEAN*
DENGAN *NORMAL-WEIGHT OBESITY* DAN OBESITAS**



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ABSTRAK

PERBEDAAN KADAR *NON- HIGH DENSITY LIPOPROTEIN*, TEKanan DARAH DAN LINGKAR PERUT ANTARA WANITA DEWASA *NORMAL-WEIGHT LEAN* DENGAN *NORMAL-WEIGHT OBESITY* DAN OBESITAS

Winda Angriani, Aisyah Elliyanti, Desmawati

Normal Weight Obesity (NWO) dikaitkan dengan peningkatan risiko penyakit kardiovaskular. Penelitian ini bertujuan untuk mengetahui perbedaan kadar *Non-High Density Lipoprotein* (non-HDL), tekanan darah dan lingkar perut antara responden *Normal-Weight Lean* (NWL) dengan NWO dan obesitas.

Penelitian ini merupakan penelitian *observasional* dengan desain *cross sectional*. Responden merupakan wanita berusia 30-45 tahun dari kota Padang sebanyak 96 orang yang memenuhi kriteria inklusi dan eksklusi. Pemeriksaan yang dilakukan adalah pengukuran tinggi badan, berat badan, *Body Fat percentage* (BFP) dengan *Bioelectrical Impedance Analysis* (BIA), lingkar perut (LP) dan tekanan darah (TD). Selanjutnya, sampel darah diambil untuk analisis non-HDL. Analisis data menggunakan *One-Way ANOVA* dan *Post-Hoc Bonferroni*.

Hasil penelitian menunjukkan wanita NWL sebanyak 8 orang (8,3%), NWO 20 orang (20,8%) dan obesitas 68 orang (70,8%). Responden paling banyak pada rentang usia 41-45 tahun, dengan status menikah, lulusan SMA/ sederajat dan tidak bekerja. Rerata Indeks Massa Tubuh (IMT) responden yaitu 27.71 ± 4.66 dengan rerata BFP adalah 35.29 ± 4.86 . Rerata LP adalah 90.20 ± 11.90 cm. TD sistolik 120 (92-197) mmHg, TD diastolik 79.67 ± 10.85 mmHg, kadar non-HDL yaitu 119.40 ± 24.64 mg/dl. Terdapat perbedaan kadar non-HDL antara wanita NWL dengan NWO ($p = 0.002$) dan wanita NWL dengan obesitas ($p < 0.001$). Terdapat perbedaan LP antara wanita NWO dengan obesitas ($p < 0.001$), dan wanita NWL dengan obesitas ($p < 0.001$), namun tidak terdapat perbedaan LP antara wanita NWO dengan NWL ($p = 0.268$).

Wanita NWL dan NWO memiliki IMT normal dan rata-rata lingkar perut yang hampir sama, namun risiko dislipidemia wanita NWO hampir mendekati risiko pada wanita obesitas.

Kata kunci: lingkar perut, non-HDL, *normal weight obesity*, obesitas, tekanan darah



ABSTRACT

DIFFERENCES IN NON-HIGH DENSITY LIPOPROTEIN LEVELS, BLOOD PRESSURE, AND WAIST CIRCUMFERENCE BETWEEN NORMAL-WEIGHT LEAN, NORMAL-WEIGHT OBESITY AND OBESITY WOMEN

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Normal Weight Obesity (NWO) is associated with an increased risk of cardiovascular diseases. This study aims to investigate the differences in Non-High Density Lipoprotein (non-HDL) levels, blood pressure (BP), and waist circumference (WC) between Normal-Weight Lean (NWL) respondents and those with NWO and obesity.

This research was an observational study with a cross-sectional design. The respondents were women aged 30-45 years from the city of Padang, totaling 96 individuals who meet the inclusion and exclusion criteria. The examinations included height, weight, and Body Fat Percentage (BFP) using Bioelectrical Impedance Analysis (BIA), WC, and BP. Subsequently, blood samples were taken for non-HDL analysis. Data analysis was performed using One-Way ANOVA and post hoc Bonferroni. The research results indicated that there were 8 women (8.3%) classified as NWL, 20 women (20.8%) with NWO, and 68 women (70.8%) with obesity. The majority of respondents were 41-45 years old, being married, high school graduates, and unemployed. The respondents' average Body Mass Index was 27.71 ± 4.66 , with an average BFP of 35.29 ± 4.86 . The average WC of the respondents was 90.20 ± 11.90 cm. Systolic BP was 120 (92-197) mmHg, and diastolic BP was 79.67 ± 10.85 mmHg. The non-HDL level was 119.40 ± 24.64 mg/dl.

There were differences in non-HDL levels between women with NWL and those with NWO ($p = 0.002$), as well as between women with NWL and obesity ($p < 0.001$). There were differences in WC between women with NWO and obesity ($p < 0.001$) and women with NWL and obesity ($p < 0.001$), but no significant difference in WC between women with NWO and NWL ($p = 0.268$). There was no significant difference in BP among respondents with NWL, NWO, and obesity.

Women with NWL and NWO have normal BMI and nearly identical average waist circumference, yet the risk of dyslipidemia in women with NWO approaches that of women with obesity.

Keywords: blood pressure, non-HDL, normal weight obesity, waist circumference