

HYPERTENSION, BODY MASS INDEX, AND THEIR ASSOCIATIONS WITH TYPE 2 DIABETES MELLITUS IN DELI SERDANG, NORTH SUMATERA

Suaidah, Albiner Siagian, Fazidah Aguslina

Universitas Sumatera Utara

ABSTRACT

Background: Diabetes mellitus (DM) is a major public health problem worldwide. Current global estimates indicate that this condition affects 415 million people and is set to escalate to 642 million by the year 2040. Type 2 DM is a metabolic disease that occurs due to abnormalities in insulin secretion. This study aimed to analyze the associations of hypertension and body mass index with type 2 DM in Deli Serdang, North Sumatera.

Subjects and Methods: This was a case-control study conducted in Deli Serdang, North Sumatera. A sample of 92 patients was selected for this study consisting 46 patients with type 2 DM and 46 patients without type 2 DM. The dependent variable was type 2 DM. The independent variables were hypertension and body mass index. Type 2 DM and hypertension data were obtained from the medical record. The other data were collected by questionnaire. The data were analyzed by multiple logistic regression.

Results: Type 2 DM was associated with hypertension (OR= 3.56; p= 0.004) and BMI ≥ 25 (OR= 5.66; p<0.001).

Conclusion: Type 2 DM is associated with hypertension and BMI ≥ 25 .

Keywords: type 2 DM, hypertension, body mass index

Correspondence:

Suaidah. Universitas Sumatera Utara, Medan, North Sumatera.

Email: suaidahidah85@gmail.com. Mobile: +6281264350209.