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Child blood pressure profile in Bali, Indonesia

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Introduction: Mortality and morbidity in adult will be reduced by controlling hypertension from an early age. Uncontrolled blood pressure since children can contribute to diseases such as heart disease, organ damage, and decreased quality of life. As changes in lifestyle, it is estimated that hypertension in children will continue to increase. Until now, data regarding the profile of blood pressure in children in Indonesia is still lacking.

Objective: The purpose of this study was to determine the prevalence of increased blood pressure and hypertension in children in Bali.

Method: This study was a cross-sectional study. The sampling technique in this study was multistage random sampling, that is, from 9 regencies in Bali, the selection of 3 regencies to be sampled according to socio-economic stratification based on regional economic growth and regional per capita income in Bali Province.

Results and Discussion: From 1257 samples examined the prevalence of increased blood pressure and hypertension was 689 children (54.8%). From the age group, the prevalence of an increase in blood pressure and hypertension in the age group ≤ 12 years was 47.3% and in the age group >12 years was 62.2%. Increased blood pressure in nutritional status including Obesity 51.4%, Nutrition More 52.9%, Good Nutrition 42.2%, Nutrition Less 43.9%, Malnutrition 50.0%. In families with a history of hypertension, the prevalence of increased blood pressure and hypertension in subjects was 60.3% and in families without a history of hypertension was 43.4%.

Conclusion: It can be concluded that there is still a prevalence of hypertension in children in Bali. Health efforts are needed so that it can minimize the further health impact that might occur. It should also be noted that various factors can influence the prevalence of increased blood pressure and hypertension in children.

Biography

Dyah Kanya Wati has completed her PhD at the age of 45 years from Indonesia University and postdoctoral studies from Indonesia University School of Medicine. She is the member organizing committee of Pediatrics Society and also the chief of Pediatrics Emergency organization in Bali. She has published more than 25 papers in reputed journals and has been serving as an editorial board member of reputed Journal. Award: Young research award: PIT IKA III IDAI, 2017, Best 10th writer, Sari Pediatric Award: KONICA 2008, Award in Asia Pacific Symposium on Critical Care and Emergency Medicine: APSCCEM 2015, 2017 and 2018.

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