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**THE CORRELATION BETWEEN EXERCISE THROUGH A STRUCTURED EDUCATIONAL PROGRAM AND ITS RISK FACTORS FOR PREVALENCE OF HYPERTENSION AMONG CHILDREN IN INDONESIA**

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**Objectives:** Hypertension is an increase in systolic blood pressure of more than 140 mmHg and diastolic blood pressure of more than 90 mmHg. Epidemiologically, the incidence of hypertension in children varies from 3.11% to 4.6% in Indonesia. Several educational programs provided for children include: diet, regular exercise, non-pharmacological therapy such as weight loss, increased physical activity and reduced salt consumption. The recommended low-salt diet is 1.2 g/day in children aged 4-8 years and 1.5 g/day in older children.

**Methods:** This research is an observational study using a cross sectional design. The method used are secondary data from basic health research, from 2010 to 2020.

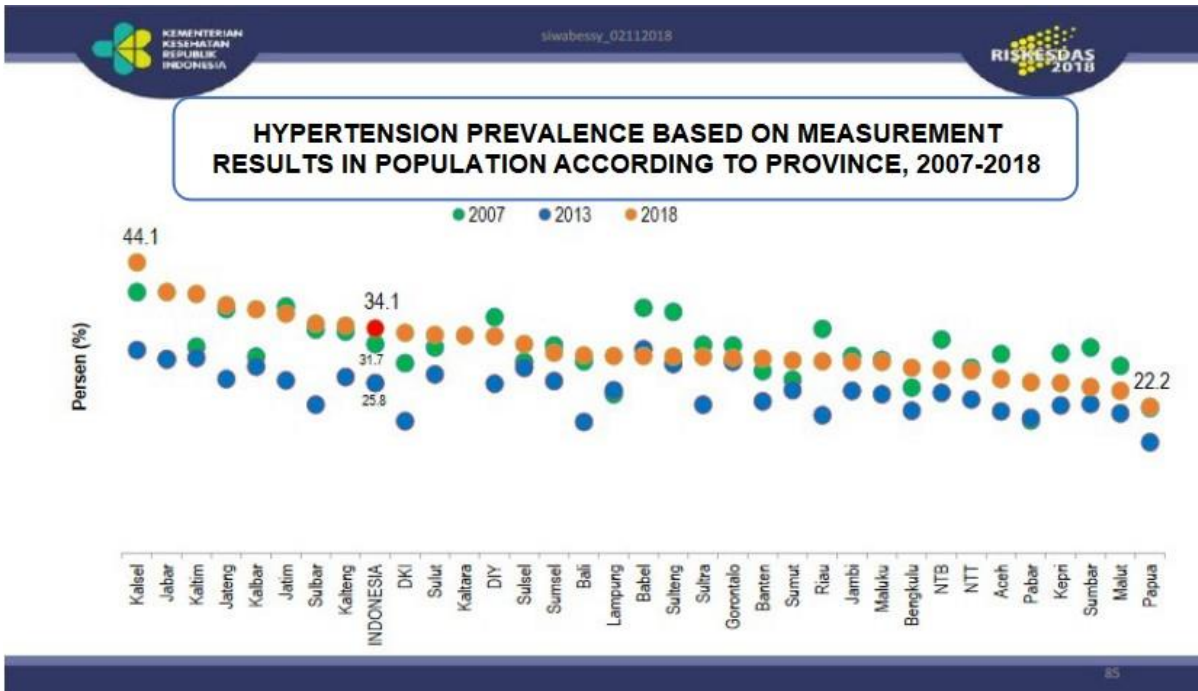
**Results:** The results showed that there was a significant correlation between exercise through a structured educational program for prevalence hypertension. While there were several risk factors such as age, gender, genetics, diet, obesity, lifestyle change (lack of activity, mental stress, lack of sleep, high calorie food intake, high salt, and drinks that contain caffeine). The prevalence of hypertension based on male gender was higher than female. However, there was no correlation between age (<5 years) with the prevalence of hypertension.

**Conclusions:** It can be concluded that in Indonesia, there is a correlation between gender, genetics, diet and lifestyle change with prevalence hypertension. Hypertension in children must receive serious attention, because this disease can persist into adolescents. So that hypertension can be detected as early as possible, then a careful examination of blood pressure must be conducted regularly every year after the child is three years old.

Hypertension prevalence in Indonesia

# KSN 2021

FULLY VIRTUAL MEETING  
September 02 (Thu) - 05 (Sun)



Distribution of Hypertension prevalence in Indonesia

Table 1. Distribution of hypertension prevalence according to age and gender

Age (Years)	Male Gender	Female Gender	Amount
<4	1	0	1
4-5	2	1	3
6-7	2	2	4
8-9	3	1	4
10-11	10	3	13
12-13	3	4	7
>13	5	4	9
Amount	26	15	41

Note : The results of research by Haris, et al. 2013.