

## ABSTRAK

**Latar Belakang:** Hipertensi merupakan masalah Kesehatan publik utama di seluruh dunia dan merupakan faktor risiko penyakit kardiovaskular tersering. Obesitas telah diidentifikasi sebagai faktor risiko sangat penting untuk hipertensi. *Overweight* dan obesitas dapat diukur dengan menggunakan pengukuran antropometri di antaranya adalah Indeks Massa Tubuh dan Lingkar Pinggang.

**Tujuan:** Mengetahui hubungan indeks massa tubuh dan lingkar pinggang dengan kejadian hipertensi yang dilakukan di puskesmas teladan selama periode januari hingga februari 2024. Metode: Analitik Observasional dengan desain studi *cross sectional* kemudian dilakukan analisis dengan menggunakan uji *Chi Square* dan uji korelasi *spearman*.

**Hasil:** Diperoleh ( $P=0,000$ ) berdasarkan uji statistik dengan uji *Chi Square* dan 0,709 berdasarkan nilai *Person Correlation* (Spearman). dan dalam analisis hubungan lingkar pinggang dengan kejadian hipertensi diperoleh ( $P=0,020$ ) berdasarkan uji statistik dengan uji *Chi Square* dan berdasarkan *Person Correlation* (Spearman) sebesar 0,278.

**Kesimpulan:** penelitian ini menunjukkan bahwa terdapat hubungan yang signifikan antara indeks massa tubuh dengan kejadian hipertensi di Puskesmas Teladan dan hubungan yang signifikan antara lingkar pinggang dengan kejadian hipertensi di Puskesmas Teladan.

**Kata kunci:** Hipertensi, Indeks Massa Tubuh, Lingkar Pinggang.

## ***ABSTRACT***

**Background:** Hypertension is a major public health problem throughout the world and is the most common risk factor for cardiovascular disease. Obesity has been identified as a very important risk factor for hypertension. Overweight and obesity can be measured using anthropometric measurements including Body Mass Index and Waist Circumference.

**Objective:** To determine the relationship between body mass index and waist circumference with the incidence of hypertension carried out at exemplary health centers during the period from January to February 2024. Method: Observational analysis with a cross sectional study design, then analysis was carried out using the Chi Square test and Spearman correlation test.

**Results:** Obtained ( $P=0.000$ ) based on statistical tests using the Chi Square test and 0.709 based on the Person Correlation (Spearman) value. And in the analysis of the relationship between waist circumference and the incidence of hypertension, it was obtained ( $P=0.020$ ) based on statistical tests using the Chi Square test and based on Person Correlation (Spearman) is 0.278.

**Conclusion:** This study shows that there is a significant relationship between body mass index and the incidence of hypertension at the Teladan Health Center and a significant relationship between waist circumference and the incidence of hypertension at the Teladan Health Center.

**Key words:** Hypertension, Body Mass Index, Waist Circumference.