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ABSTRACT

Title of Abstract : Analysis of Hypertension, Smoking, Family History, and Obesity as Risk Factors for Coronary Heart Disease at the Kesdim Military Hospital Samarinda
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Background : Coronary heart disease (CHD) remains a leading cause of mortality both globally and nationally. In Indonesia, the prevalence of CHD reaches 0.85%, with an increasing economic burden. Several risk factors such as hypertension, smoking habits, obesity, and family history play crucial roles in the occurrence of CHD, particularly among the elderly population

Objective : This study aimed to analyze the association between hypertension, smoking habits, family history, and obesity with the incidence of coronary heart disease among patients at the Kesdim Military Hospital Samarinda.

Research Methods/ Implementation Methods : This study employed a cross-sectional design involving 86 respondents selected through accidental sampling. Data were collected through structured interviews, measurement of blood pressure, body weight, and height, as well as verification of medical records. Data analysis was performed using the Chi-Square test with a significance level of $p < 0.05$.

Results : The majority of respondents were female (58.1%) and aged between 54–61 years (27.9%). Bivariate analysis showed that hypertension had a significant association with CHD incidence ($p = 0.043$). In contrast, smoking habits ($p = 0.175$), family history ($p = 0.084$), and obesity ($p = 0.749$) did not show significant associations with CHD occurrence

Conclusion/Lesson Learned : Hypertension was found to be a significant risk factor for coronary heart disease, whereas smoking habits, family history, and obesity were not significantly associated. Prevention and blood pressure control efforts should be prioritized to reduce the risk of CHD in the community.

Keyword : Coronary heart disease, family history, hypertension, obesity, smokin