ABSTRACT

Hypertension as an Unaddressed Health Problem in Bukit Raya Village: Evidence from a Community Diagnosis and Recommendations for Early Detection

Khairunnisa, Andreas Finsensius Sareng, Oktavia Ramadhani, Lies Permana

Correspondence E-mail : khairyyys7@gmail.com

Hypertension is a leading risk factor for stroke, heart disease, and kidney failure, yet it is often asymptomatic and detected late. A community diagnosis in Bukit Raya Village, a farming and transmigrant community in East Kalimantan, prioritized acute respiratory infection (ARI), environmental health, and protective equipment use among farmers through a focus group discussion; hypertension received no intervention.

To describe the burden of hypertension in Bukit Raya Village and propose recommendations for early detection.

A cross-sectional household survey of 100 households in three hamlets was conducted in June 2026 using a standardized questionnaire. Hypertension was defined as a self-reported previous diagnosis. Disease history was available for 84 respondents and analyzed descriptively using SPSS.

Hypertension was the most prevalent diagnosed disease (15 of 84; 17.9%), followed by diarrhea (11.9%) and ARI (3.6%). Fourteen cases (93.3%) were aged 40 years or older (prevalence 20.6%; 14 of 68). When ill, 84.0% of respondents treated themselves first and 82.0% waited for recovery before visiting a health facility. Ten of 15 cases (66.7%) relied mainly on the internet or social media for health information, versus 36.4% of all respondents.

Hypertension was the most prevalent diagnosed disease but received no intervention because villagers did not consider it urgent during the FGD and it was not a listed topic. The true burden is probably higher because data were self-reported and care is often delayed. Blood pressure screening for adults aged ≥40 years at the Posbindu and auxiliary health center, with health worker education, is recommended.

Keyword : hypertension; early detection; community diagnosis; non-communicable disease; rural health