ABSTRACT

Determinants of Hypertension among Employees at the East Kalimantan Provincial Health Office in 2026

Ahmad Fadhlil Azhim Abdullah, Irfansyah Baharuddin Pakki, Akhmad Azmiardi

Correspondence E-mail : ahmadfadhlilazhim@gmail.com

Background : Hypertension remains a major public health concern in Indonesia, including East Kalimantan Province. Approximately 28% of employees at the Regional Health Office of East Kalimantan Province are classified as having pre-hypertension to hypertension (East Kalimantan Provincial Health Office, 2025). Excessive salt consumption and elevated body mass index (BMI) are important modifiable risk factors for hypertension. Evidence among local government health sector employees remains limited, as previous studies have mainly examined industrial and private-sector workers.

Objective : This study aimed to analyze the association between salt consumption and BMI with hypertension among employees at the Regional Health Office of East Kalimantan Province in 2026.

Research Methods: An analytic cross-sectional study was conducted among 100 employees selected using purposive sampling. Data were collected using interviews, anthropometric measurements, and blood pressure measurements. High salt consumption was defined as a practice score >11 based on the median score of 11, while low consumption was ≤11. Obesity was defined as BMI ≥25 kg/m² and non-obesity as BMI <25 kg/m². Hypertension was defined as systolic blood pressure ≥140 mmHg and/or diastolic blood pressure ≥90 mmHg based on a single measurement. Data were analyzed using the chi-square test and Odds Ratio (OR) with 95% confidence intervals (CI).

Results : Salt consumption was significantly associated with hypertension (p=0.001; OR=5.342; 95% CI: 1.795-15.896). BMI was also significantly associated with hypertension (p=0.007; OR=3.783; 95% CI: 1.391-10.291).

Conclusion: High salt consumption and BMI were significantly associated with hypertension among employees. These findings support workplace health promotion focused on reducing salt consumption and maintaining healthy body weight.

Keyword : Hypertension;Salt Consumption;Body Mass Index;Employees