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Proceedings
Coronary Heart Disease (CHD) is a major cause of mortality in Indonesia. It is divided into infarct, Miskard Acute and chest pain. The aim of this study was to find out risk factors of coronary heart disease in Indonesian people by analyzing the environment and behavior factors and also traditional risk factors of CHD with chest pain. This study used basic health research (Risksdas) 2007. Subjects were 15 years old (n=209,740) from all provinces in Indonesia. Univariate test was used for data analyzing to see the variable overall, chi square test to assess the influence and risk factor between environment, behavior and traditional factors with CHD and multivariate logistic regression was used at the end. The study showed several CHD risk factors from environment and behavior; there were weighty job (OR=1.21, 95% CI=1.17-1.258), emotion disturbance (OR=5.34, 95% CI=5.135-5.549), and high consumption of salty food (OR=1.070, 95% CI=1.011-1.133) and bowels foods (OR=1.28, 95% CI=1.036-1.578) also low consumption of fruits and vegetables (OR=1.53, 95% CI=1.252-1.868). The traditional risk factors were central obesity (OR=1.15 CI95%=1.054-1.208; p=0.000) and hypertension (OR=1.46 CI95%=1.394-1.521; p=0.000). We conclude risk factors of CHD at Indonesian people are rough occupation, emotion disturbance, high consumption of salty food and bowels, low consumption of fruits and vegetables, central obesity and hypertension. It is recommended that socialization of stress management, increasing of fruits and vegetable consumption, and physical activity were needed.