



Association of routine exercise with blood pressure among Laseria Program Participants in Onembute Sub District, Konawe, South East Sulawesi Indonesia 2017

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PENCERAH NUSANTARA

(Translation: "Lights of the Archipelago")



Pencerah
Nusantara

What is Pencerah Nusantara?



Social Movement



Young Professionals



Comprehensive Training



Volunteering Opportunity



Deployed to Health-Challenged Locations for 1 Year



One goal:
To strengthen Primary Health-care System

A team of professional collaboration



An inter-professional collaboration team, consisting of General Practitioners, Midwives, Nurses, Public Health Professionals, and Health Advocates, from various educational backgrounds

What does Pencerah Nusantara do?



We strengthen the Primary Healthcare Centers (Puskesmas) through collaborative efforts with the community, local workers, civil society organizations, and various other stakeholders in the region.



We increase the capacity of local health workers through knowledge and idea sharing.



We improve aspects such as the Puskesmas management, health promotion, nutrition, maternal and child health, environmental health, basic medication, and communicable disease eradication efforts.



We enhance the quality and care coverage among the community.

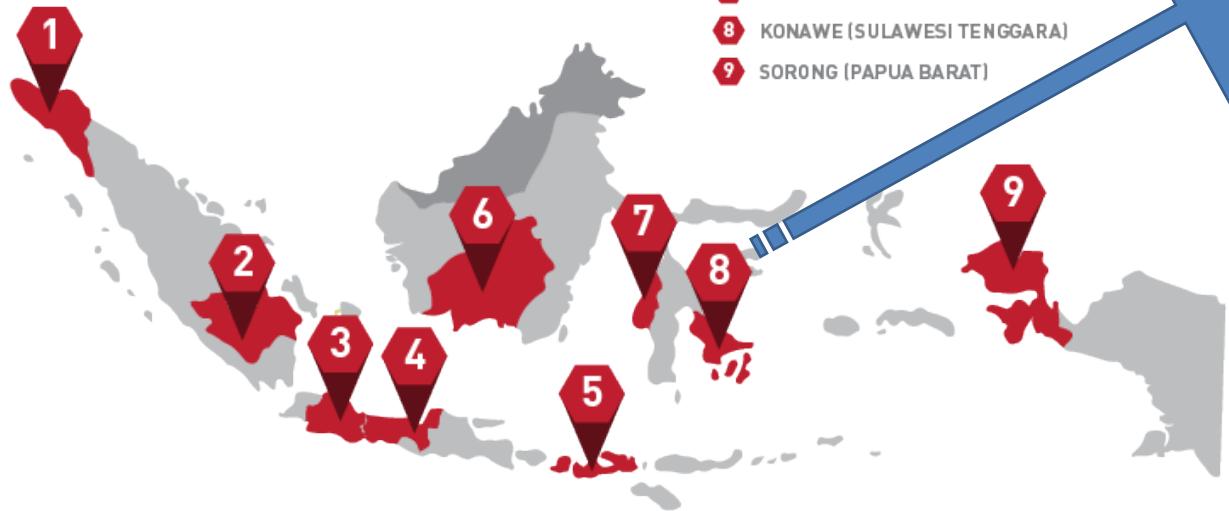


We empower the community through local-based health programs.

PENCERAH NUSANTARA LOCATIONS

LOCATIONS
PENCERAH
NUSANTARA
9

- ① ACEH SELATAN (NANGROE ACEH DARUSSALAM)
- ② MUARA ENIM (SUMATERA SELATAN)
- ③ CIREBON / SUKABUMI (JAWA BARAT)
- ④ GROBOGAN (JAWA TENGAH)
- ⑤ SUMBAWA BARAT (NUSA TENGGARA BARAT)
- ⑥ GUNUNG MAS (KALIMANTAN TENGAH)
- ⑦ MAMUJU UTARA (SULAWESI BARAT)
- ⑧ KONAPE (SULAWESI TENGGARA)
- ⑨ SORONG (PAPUA BARAT)



Onembute, Konawe-
East Sulawesi

Jelaskan tentang
demografi dan
geografi dari
Onembute (3-4 point)

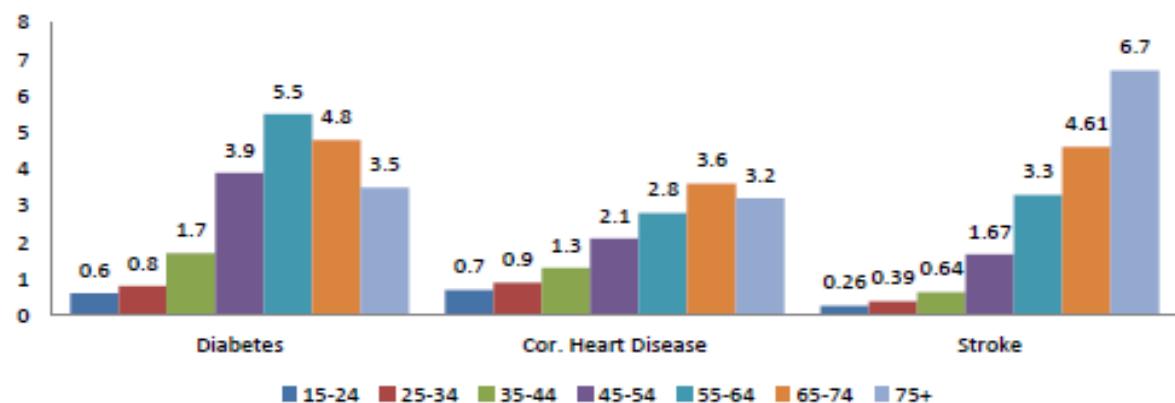
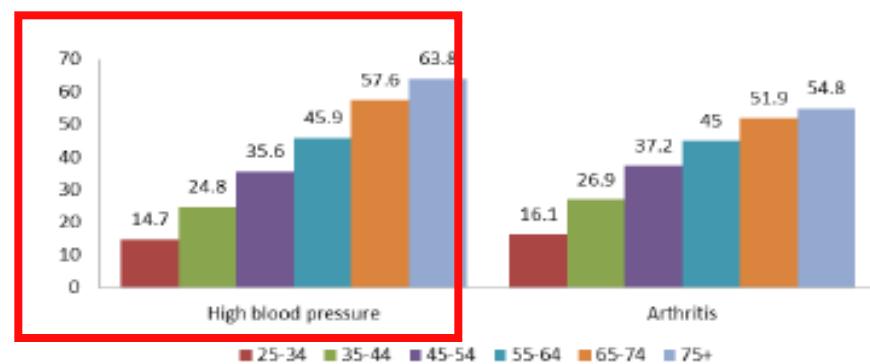
Background

Top 5 health concerns in Indonesia

% of prevalence

- Hypertension / high blood pressure
- Diabetes mellitus
- Heart Disease
- Stroke
- Osteoporosis

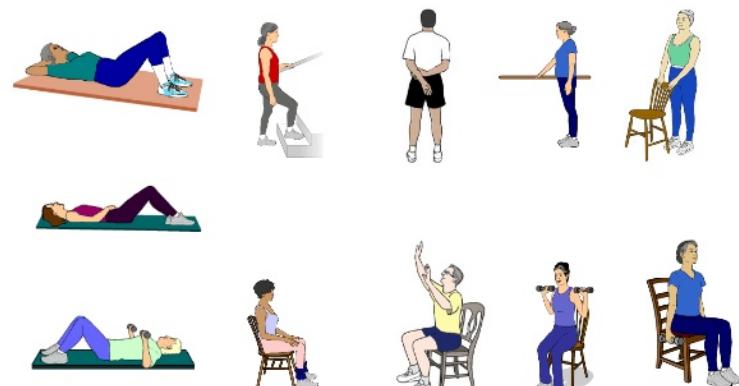
- High blood pressure and arthritis are the two major issues in Indonesia
- The higher occurrence of these disabilities in elderly may be caused by age or lifestyle



Onembute Situations

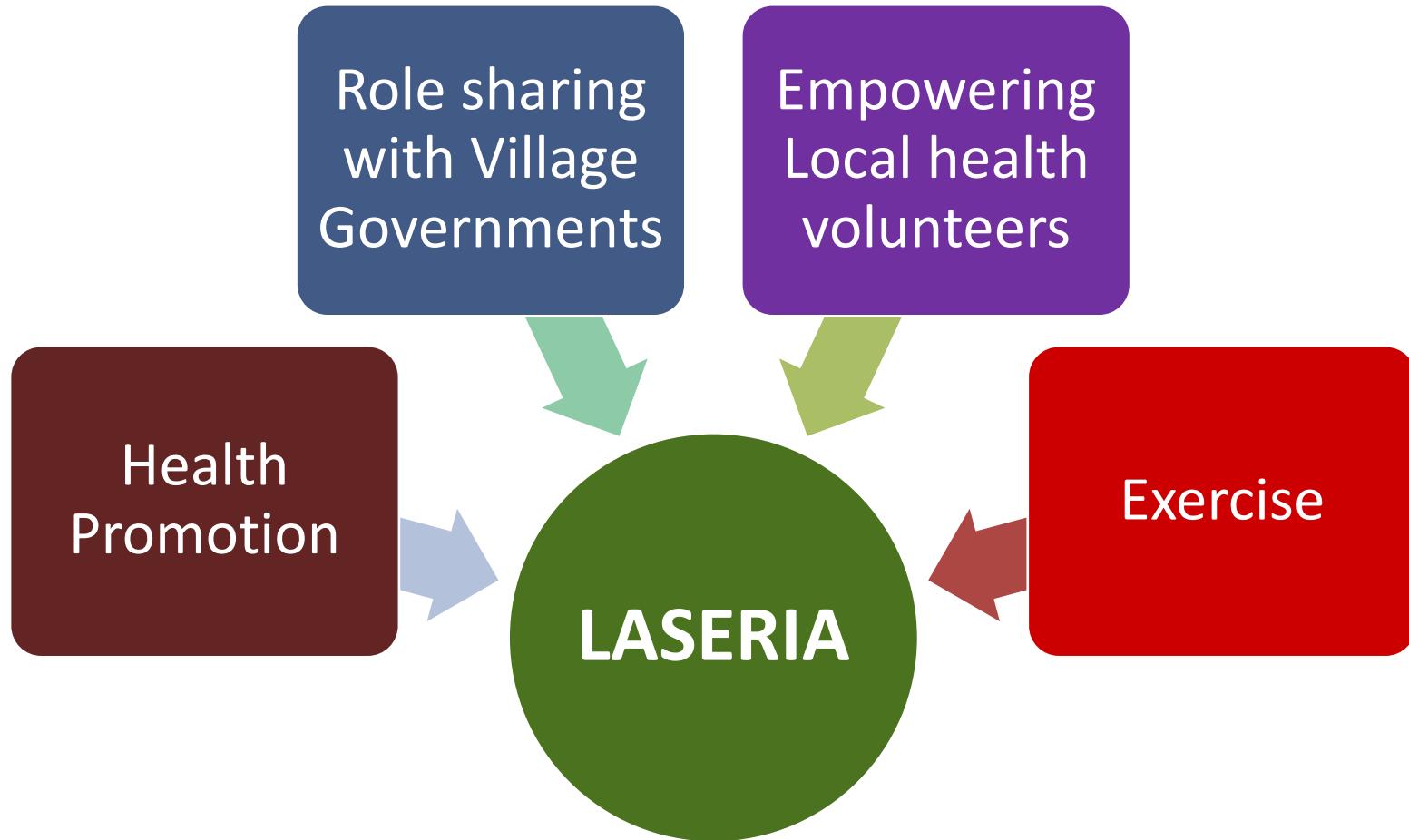
Prevalence of Hypertension and Inactive Physical Activity among Community in Onembute 2017

Village	Diagnosed of Hypertension	Inactive Physical Activity
Onembute	1,4	29,7%
Kumapo	1,7	34,6%
Ulu Onembute	0,7	25,0%
Silea	0,2	23,8%
Tawapandere	0,5	27,3%
Mataiwoi	1,7	35,1%
Ulu Meraka	1,0	31,7%
Napoosi	0,5	13,6%
Kasumeia	0,5	26,6%
Trimulya	0,3	32,7%
Anggaloosi	0,5	54,5%
Ana Onembute	0,8	50,0%
Onembute Sub district	9,8	31,1%



- Prevalence of Hypertension: 9.8%
- Percentage of inactive physical activity: 31.1%

Laseria Program



Laseria Activities



Research Purpose

- Finding association of routine exercise with blood pressure among Laseria Program Participants in Onembute.



Research Method

Design:

quantitative descriptive research with Cross-Sectional approach (pre and post intervention).



Population & Sample:

202 female respondents have been included from routine physical activity in Puskesmas Onembute.

Blood Pressure Measurement

Pre Intervention

- July 2016
- 202 respondents

6 Months after intervention

- November 2016
- 202 Respondents

Post Intervention

- Mei 2017
- 202 respondents

**Blood Pressure was measured using
Sphygmomanometer**

Respondents Demography

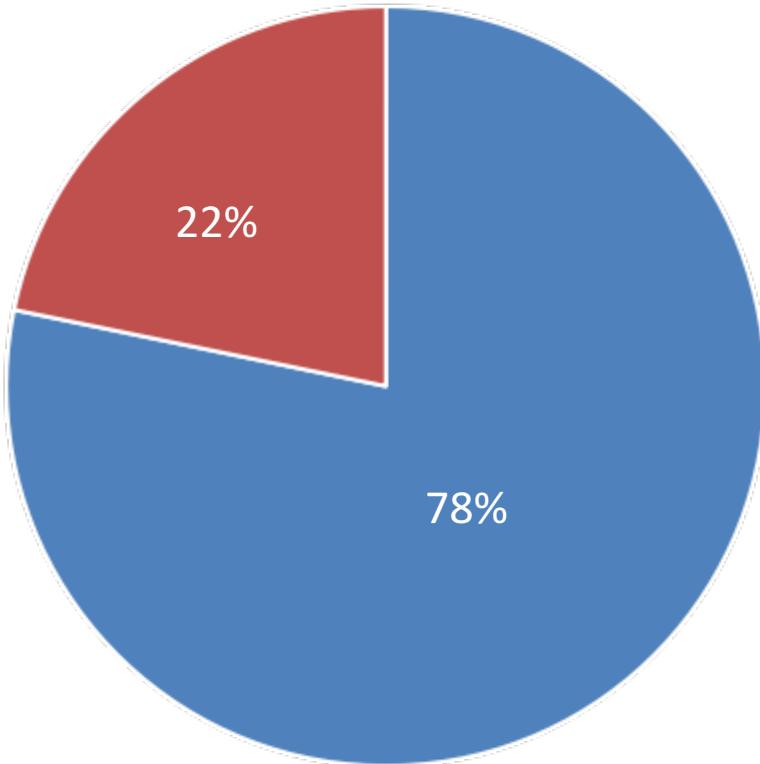
Tabel 1.1 Percentage

No	Age	Freq	%
1.	20 – 40	114	56%
2	40-50	74	36%
3	50-60	16	8%
	Total	202	100%

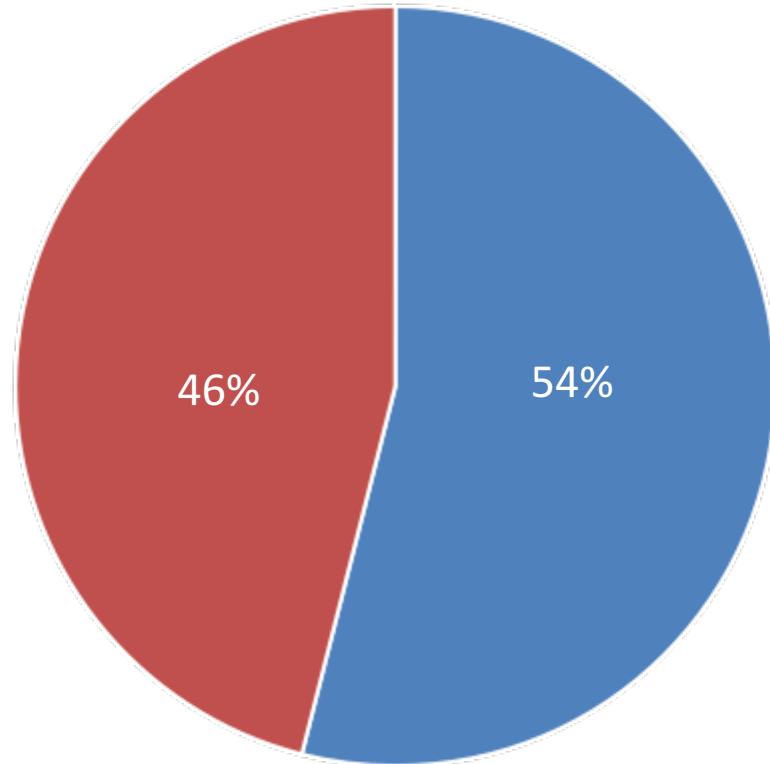


Result

Medical Check Up July 2016



Medical Check Up May 2017



■ Hypertension ■ Normal

■ Hypertension ■ Normal

Result

Blood Pressure (mean)		95% CI	P-value
Pre-Intervention	Post-Intervention		
159,41	147,03	9,25 – 15,49	0,000

Keterangan: Uji apa, apa hasilnya, menunukan apa!

Discussion

- Jelaskan kenapa ada hubungan antara senam dengan penurunan tekanan darah.
- Buka jurnal, dan lihat pola bagaimana mereka mempresentasikan hasilnya.

Conclusion

- Blood pressure decreases at post-intervention than pre-intervention.
- There is statistically significant between pre-intervention blood pressure and post-intervention blood pressure among respondents.



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Thank You



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