

Prevalence, Impact, and Efforts In Controlling Hypertension & Diabetes in Indonesia

ANALYSIS OF SITUATION AND ISSUES

Non-communicable diseases (NCDs) are caused by a combination of various factors, including genetic, physiological, environmental, and behavioral factors. In 2016, NCDs were responsible for 72% of global deaths, nearly four times the deaths caused by infectious, maternal, perinatal, and nutritional diseases. Hypertension and diabetes are of particular concern due to their high prevalence and their role as major risk factors for heart and vascular diseases. The increasing rate of new cases and the prevalence of hypertension and diabetes pose significant health challenges at the global, regional, and national levels.

In 2019, In 2019, the age-standardized prevalence of hypertension among individuals aged 30-79 worldwide and in the Southeast Asia region were respectively 33.1% and 32,4%. In Indonesia, based on the 2018 Basic Health Research (Risikesdas) results, the prevalence of hypertension was 34.1%. Meanwhile, the prevalence of diabetes worldwide and in the Southeast Asia region were 10.6% and 8.8% in 2021, respectively. According to the Risikesdas survey in 2018, the prevalence of diabetes in Indonesia was 10.9%. The International Diabetes Federation (IDF) projects that the number and prevalence of individuals aged 20-79 with diabetes in Indonesia will continue to increase annually.

THE RESULT OF INDONESIAN HEALTH SURVEY 2023

Compared to the 2018 Basic Health Research (Risikesdas) results, the 2023 Indonesia Health Survey (SKI) indicates a decrease in the prevalence of hypertension among individuals aged 18 years and older based on blood pressure measurements.



On the contrary, there has been an increase in the prevalence of Diabetes Mellitus (DM) among individuals aged 15 years and older based on blood sugar level measurements.



In the productive age group (18-59 years) and the elderly group (60 years and above), there is a gap in the number of respondents diagnosed with hypertension or diabetes compared to the number of respondents undergoing treatment or revisiting healthcare facilities (Figure 1 and 2). The proportion of respondents who regularly take medication and revisit healthcare facilities is lower than those diagnosed with hypertension/diabetes.

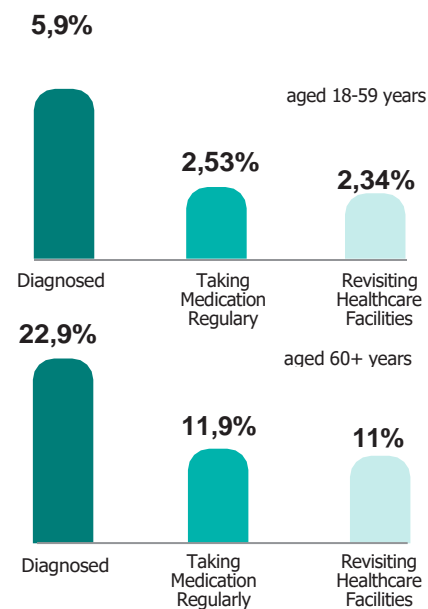


Figure 1. Discrepancy in Treatment-Seeking Behavior for Hypertension Among Productive-Age and Elderly Individuals Diagnosed with Hypertension

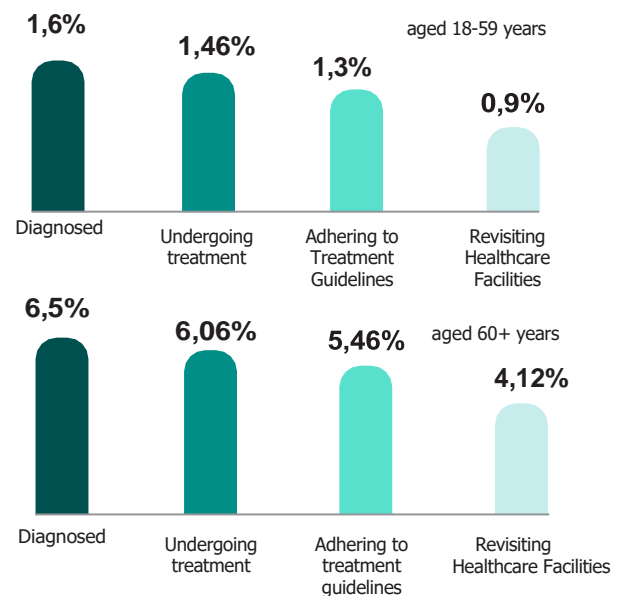


Figure 2. Discrepancy in Treatment-Seeking Behavior for Diabetes Among Productive-Age and Elderly Individuals Diagnosed with Diabetes

Hypertension and diabetes have an impact on the occurrence of disabilities. Data from the 2023 Indonesia Health Survey (SKI) shows that 59.1% of the causes of disabilities (vision, hearing, walking) among individuals aged 15 years and older are acquired diseases, with 53.5% of these diseases being non-communicable diseases (NCDs), especially hypertension (22.2%) and diabetes (10.5%).

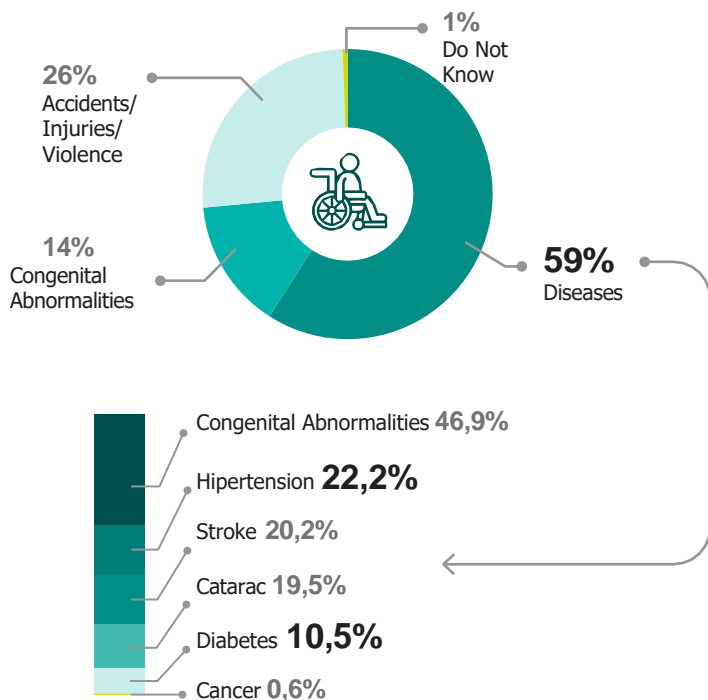


Figure 3. NCDs are the leading cause of disabilities among individuals aged 15 years and older.

Based on the presence of risk factors, the occurrence of hypertension and diabetes is higher in groups with central obesity or insufficient physical activity.

DIABETES PROPORTION



The proportion of diabetes patients aged **18-59 years** with central obesity is **3 times higher** compared to diabetes patients without central obesity.

The proportion of diabetes patients aged **60 years and above** with central obesity is **2.3 times higher** compared to diabetes patients without central obesity.



The proportion of diabetes patients aged **18-59 years** with insufficient physical activity is slightly **higher (1.3 times)** compared to diabetes patients with sufficient physical activity.

The proportion of diabetes patients aged **60 years and above** with insufficient physical activity is slightly **higher (1.4 times)** compared to diabetes patients with sufficient physical activity.

HIPERTENSION PROPORTION



The proportion of hypertension patients aged **18-59 years** with central obesity is **3.4 times higher** compared to hypertension patients without central obesity.

The proportion of hypertension patients aged **60 years and above** with central obesity is the same as hypertension patients without central obesity.



The proportion of hypertension patients aged **18-59 years** with insufficient physical activity is **1.9 times higher** compared to hypertension patients with sufficient physical activity.

The proportion of hypertension patients aged **60 years and above** with insufficient physical activity is slightly **higher (1.3 times)** compared to hypertension patients with sufficient physical activity.

CONCLUSION



The results of the 2023 Indonesia Health Survey (SKI) indicate the continued high prevalence of hypertension (30.8%) and diabetes (11.7%) based on blood pressure measurements/blood sugar level examinations



Treatment-seeking behavior in the community for hypertension and diabetes remains inadequate



The incidence of disability among patients with hypertension and diabetes is quite high



Prevention and efforts in controlling hypertension and diabetes are needed as early as possible

*Materials can be viewed at www.badankebijakan.kemkes.go.id