

ABSTRAK

KORELASI *BODY ROUNDNESS INDEX* (BRI) DENGAN KADAR KOLESTEROL TOTAL PADA PASIEN USIA DEWASA YANG BEROBAT DI PUSKESMAS SINGKAWANG BARAT II

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Latar belakang *Body Roundness Index* (BRI) merupakan indeks antropometri untuk menilai distribusi lemak tubuh, khususnya lemak visceral, berdasarkan lingkar pinggang dan tinggi badan. Peningkatan nilai BRI dikaitkan dengan risiko gangguan metabolik, termasuk peningkatan kadar kolesterol total. Kondisi ini dapat mencerminkan adipositas sentral yang berperan dalam perubahan metabolisme lipid dan Risiko dislipidemia. **Tujuan** dari penelitian ini untuk mengetahui korelasi *Body Roundness Index* (BRI) dengan kadar kolesterol total pada pasien usia dewasa yang berobat di Puskesmas Singkawang Barat II. **Metode penelitian** ini menggunakan desain analitik observasional dengan pendekatan *cross-sectional*. Sampel berjumlah 65 responden yang dipilih menggunakan *consecutive sampling*. Data BRI diperoleh melalui pengukuran lingkar pinggang dan tinggi badan, sedangkan kadar kolesterol total diperiksa menggunakan metode *Point of Care Testing* (POCT). Analisis data menggunakan uji korelasi *Pearson*. **Hasil** penelitian menunjukkan nilai koefisien korelasi sebesar $r = 0,271$ dengan nilai signifikansi $p = 0,029$ ($p < 0,05$). Hasil tersebut menunjukkan adanya hubungan positif yang lemah namun signifikan secara statistik antara BRI dan kadar kolesterol total. Semakin tinggi nilai BRI cenderung semakin tinggi kadar kolesterol total pada responden. **Kesimpulan** dari penelitian ini adalah terdapat korelasi yang signifikan antara *Body Roundness Index* (BRI) dengan kadar kolesterol total pada pasien usia dewasa di Puskesmas Singkawang Barat II.

Kata kunci: *Body Roundness Index* (BRI), Kolesterol Total, Korelasi, Obesitas Sentral, Dislipidemia

ABSTRACT

CORRELATION BETWEEN BODY ROUNDNESS INDEX (BRI) AND CHOLESTEROL LEVELS IN ADULT PATIENTS RECEIVING TREATMENT AT SINGKAWANG BARAT II PUBLIC HEALTH CENTER

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Background *Body Roundness Index* (BRI) is an anthropometric index used to assess body fat distribution, particularly visceral fat, based on waist circumference and height measurements. An increased BRI value is associated with the risk of metabolic disorders, including elevated total cholesterol levels. This condition may reflect central adiposity, which plays a role in lipid metabolism alterations and the risk of dyslipidemia. **Objective** this study aimed to determine the correlation between *Body Roundness Index* (BRI) and total cholesterol levels in adult patients receiving treatment at Singkawang Barat II Public Health Center. **Methods** this study used an analytical observational design with a cross-sectional approach. The sample consisted of 65 respondents selected using consecutive sampling. BRI data were obtained by measuring waist circumference and height, while total cholesterol levels were measured using the Point of Care Testing (POCT) method. Data were analyzed using the Pearson correlation test. **Results** showed a correlation coefficient of $r = 0.271$ with a significance value of $p = 0.029$ ($p < 0.05$). These findings indicated a statistically significant positive correlation between BRI and total cholesterol levels. Higher BRI values tended to be associated with higher total cholesterol levels among the respondents. **Conclusion** there was a significant correlation between *Body Roundness Index* (BRI) and total cholesterol levels in adult patients at Singkawang Barat II Public Health Center.

Keywords: *Body Roundness Index* (BRI), Total Cholesterol, Central Obesity, Dyslipidemia