

# DISSEMINATION OF PHYSICAL ACTIVITIES AND SCREENING PARAMETERS OF METABOLIC SYNDROME IN POPULATION ELDERLY

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## ABSTRACT

The Community Service Program activity aims to: (1) obtain information on the profile of the fitness level of the elderly under the guidance of the Indonesian Doctors Association (IDI) and the Indonesian Doctors' Wives Association (IIDI) Yogyakarta, (2) get information on the risk factors for metabolic syndrome for the elderly under the guidance of the Association Indonesian Doctors (IDI) and the Indonesian Doctors' Wives Association (IIDI) Yogyakarta, (3) provides knowledge for the elderly assisted by the Indonesian Doctors Association (IDI) and the Indonesian Doctors' Wives Association (IIDI) Yogyakarta about the importance of physical activity and knowing the parameters of metabolic syndrome. The main target audience for this activity is the Elderly Lotus Group Nogotirto, Kelurahan Nogotirto, Sleman Gamping District, with a total of 118 people. The PPM activity method is carried out with several activities including: health check, physical fitness measurement test for the elderly, as well as evaluation and counseling. Health checks include measurements of blood pressure, stomach circumference, triglycerides, HDL and fasting blood glucose. Counseling is given after the elderly get the results of a health check. Counseling methods are carried out so that the elderly have the motivation to maintain health and avoid the metabolic syndrome which can trigger the emergence of degenerative diseases. Physical fitness measurement tests include walking for 6 minutes, flexibility, balance. The questionnaire was filled out to find out how important the benefits of PPM activities are for the elderly. Based on the results of health checks obtained data that a number of 78 (66.1%) elderly indicated metabolic syndrome. And of the 78 elderly, 98.71% (77 elderly) who indicated metabolic syndrome were women. From the data of elderly men obtained an average age of 61.5 years, with the normal norm of the road 6 minutes elderly men with that age is 610-735 meters (558-672 meters) and the normal norm of the road 6 minutes elderly women with that age are 545 - 660 yards (498-603 meters). So the conclusion of the elderly fitness test, both men and women have a fitness level that is above average (above average).

Kata Kunci: *Community service, metabolic syndrome, fitness, the elderly*