

**Cardiovascular Disease Risk Profile and Perceptions of Lifestyle Modification of Obese
Patients at The Surabaya Institution**

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Abstract

Background : The prevalence of obesity is increasing and tends to be higher in adult population groups who are also more educated , and worked as a civil/ military/ police/ Officers. This study aims to analyze cardiovascular disease (CVD) risk, perceptions about physical activity and barriers experienced to perform physical activity, and readiness to lifestyle changes. **Methods :** The study design was an observational study, use qualitative methods with in-depth interviews and quantitative analysis CVD risk and readiness to lifestyle changes. **Results :** CVD risk based on lipid profile of obese people in the Surabaya University employees on average 10.60 (1.70 to 29.90), and CVD risk based on BMI 12.10 (2.30 to 30.00). Perception of obese people in the Surabaya University employees regarding lifestyle modifications had findings regarding barriers and grouped into: barriers because of the time, due to facility constraints, barriers due to low motivation, and barriers for knowledge about the sport. **Conclusion :** More than 10 in 100 people will suffer from coronary heart disease / recurrence in the next 10 years. On average, participants quite ready to start a lifestyle change program but to think about ways to improve readiness before starting the program and need to be more positive about the exercise / physical exercise, so it can do it more often.

Keywords : Obesity , CVD risk, perception of lifestyle modification , readiness to change

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