



Relationship Between HbA1c Levels And Stroke Risk In The Prolanis Group

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ABSTRACT

Background: Stroke is a major health problem in the community and a cause of death in hospitals. Stroke is caused by modifiable risk factors and non-modifiable risk factors. One of the modifiable risk factors for stroke is diabetes mellitus. One indicator of diabetes mellitus is HbA1c levels.

Purpose: To determine the relationship between HbA1c levels and the risk of stroke in the prolanis group.

Methods: The study used a quantitative research design with a correlation approach. The study was conducted in June-July 2025 at the Kunduran Community Health Center, Sonokidul Community Health Center, and Ngawen Community Health Center, Blora Regency with a sample of 150 respondents.

Results: The results of the study showed that the majority of respondents were female with an average age of 62 years. The majority of respondents worked as farmers and were married. The majority of respondents' last education was elementary school graduates. The majority of respondents had a history of diabetes mellitus and hypertension and a few had a history of stroke. The average HbA1c level for the last 3 months was high at 8.4%. The results indicated diabetes (76%) and respondents had a high risk of stroke (66.7%) as seen from the SRSC questionnaire. The Spearman Rank statistical test results obtained a p value of 0.005 so that there was a significant relationship.

Conclusion: Based on the results of the study, it was concluded that there was a relationship between HbA1c levels and the risk of stroke in the prolanis group. The recommendation from the study is that health workers can conduct regular stroke risk screening in the prolanis group. For future researchers, it is hoped that they can evaluate other factors that can influence the risk of stroke. Further researchers are also expected to use more diverse sampling techniques to vary.

Keywords: *HbA1c levels; stroke risk*