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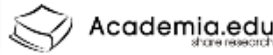
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 <https://orcid.org/0000-0002-1991-5492>



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# Daily Physical Activity, And Sociodemographic Hypertensive Patients In An Effort To Prevent Complications Of Hypertension In West Kotawaringin Regency

**Retno Widya Ningsih**

Master Student of Health Promotion, Diponegoro University Indonesia

**Zahroh Shaluhiah**

Lecturer in the Master of Health Promotion, Diponegoro University Indonesia

**Yuliani Setyaningsih**

Lecturer in the Master of Health Promotion, Diponegoro University Indonesia

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**Keywords:** Keywords : Daily physical activity, Complications of Hypertension, adulthood.

## Abstract

Hypertension in Central Kalimantan province increased significantly from year to year, ie 26% in 2013 according to age group  $\geq 18$  years of age to 34% in 2018.<sup>(1)</sup>Hypertension in West Kotawaringin ranked first of several non-communicable diseases (57.5%) and 17.23% of them result in complications and death (among others, heart failure, cerebrovascular disease, chronic renal failure,



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