

**The Relationship Of Sodium, Potassium, Carbohydrates And Nutritional
Status On The Incidence Of Hypertension In Ourpatien Kaliwates
General Hospital In Jember**

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ABSTARCT

Sodium intake is very influential on high blood pressure as well as influence of potassium intake to reduce hypertension while carbohydrate intake is not metabolized by will split the body into fatthe effect on hypertension and nutritional status were measured BMI (Body Mass Index) to determine the nutritional status of patients with hypertension . The research goals was to analyze the realitionsip between intake of sodium, potassium, carbohydrates and nutritional status on the incidence of hypertension in ouupatien kaliwates general hospital in jember . Instruments of data collection with uses the (SQFFQ) from half quantitative food frequency and scales well as microtois responden are 67 outpatient hypertension result of analysis using correlation spearman's raks showed no relationship between sodium intake and hypertention between sodium intake and hypertension ($p = 0,0342$) there is no relationship between potassium intake and hypertension ($p=0,179$) there is no relationship between nutritional status and the incidence hypertension ($p=0,548$) conclusion of the study all variable intake of sodium, potassium, carbohydrates and nutritional status was not associated with hypertension.

Keywords : *sodium intake, potassium intake, carbohydrate intake, nutritional status and hypertension.*

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