

Hubungan Asupan Gula, Garam, Lemak dengan Kejadian Hipertensi di Kecamatan Kaliwates Kabupaten Jember (The Correlation of Sugar Intake, Salt Intake, Fat Intake with Incident of Hypertension in Kaliwates Subdistrict, Jember District)

Novariza Fasya Adabella
Clinical Nutrition Program
Departement of Health

ABSTRACT

Hypertension or high blood pressure is a condition in which systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg. Some factors that affect the occurrence of hypertension include the intake of sugar, salt, fat. Excessive consumption of sugar can lead to obesity that can cause hypertension. High salt consumption result in water retention, so the volume of blood increases. Consumption of fatty foods can result in narrowing of blood vessels that can lead to hypertension. The purpose of this study is to know the relationship of sugar, salt, fat intake with the occurrence of hypertension in the Kaliwates district of Jember. Research methods use observational analytical methods with cross sectional design. The sample in this study was 107 people. Data analysis is done with univariate and bivariate analysis is used with *Chi-Square* test. The result of the analysis of the relationship of sugar intake with the occurrence of hypertension obtained the p-value = 0,153 and OR = 1,763, the analysis of the relationship of salt intake to hypertensive occurrence received the p-value = 0,001 and OR = 4,243, the analysis of the relationship between fat intake and hypetensive occurrence obtains the p-value = 0,002 and OR = 3,814. The study concluded that there is no relationship between sugar intake and the occurrence of hypertension in Kaliwates district of Jember, but there was a relationship between salt and fat intake with the occurrence of hypertension in Kaliwates district of Jember.

Keyword : Hypertension, Sugar Intake, Salt Intake, Fat Intake