

The Role of Dietary Approaches to Stop Hypertension (DASH) Education on Knowledge and Attitudes in Maintaining Health in Hypertension Sufferers

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ABSTRACT

Hypertension or high blood pressure is a type of non-communicable disease with an incidence rate that continues to increase every year. A person can be said to be suffering from hypertension if their blood pressure is more than or equal to 140/90 mmHg. Hypertension is a primary risk factor for heart disease and stroke. Of the 50 community health centers in Jember City, 741,735 people suffer from hypertension. Hypertension sufferers in Sumbersari District are ranked second highest after Kaliwates with 11,172 cases. The aim of this research is to educate hypertension sufferers in Sumbersari District regarding the DASH Diet as health maintenance using quantitative experimental research with a quasi-experimental design with a control group pre-post test design approach. The results obtained are that there is an increase in knowledge and attitudes related to hypertension health maintenance in hypertensive patients after being given education related to the DASH Diet characterized by a p-value of 0.000. Keywords : Hypertension, Nutrition Education, DASH