

**Relationship between Ultra Processed Food Consumption, Coffee
Consumption and Consumption of Food Sources of Fiber on Blood Pressure
in Hypertension Patients at Tlogosari Health Center**

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ABSTRACT

Hypertension is a condition when there is an increase in blood pressure in the arteries which causes the heart to work harder in pumping blood so that systolic blood pressure exceeds 140 mmHg and diastolic blood pressure exceeds 90 mmHg. Hypertension can be caused by several factors such as consumption of ultra-processed food, coffee consumption, and consumption of food sources of fiber. The purpose of this study was to determine the relationship between consumption of ultra-processed food, coffee consumption and consumption of food sources of fiber on blood pressure in hypertensive patients. This type of research is observational analytic with a cross-sectional approach. The number of subjects used in this study was 59 people with a purposive sampling technique. Data collection used a tensiometer and SQ-FFQ questionnaire. The statistical analysis used in this study was the Spearman rank correlation test. The results of the study showed that there was a significant relationship between the frequency of UPF consumption and systolic blood pressure (p-value <0.05), there was no significant relationship between the frequency of UPF consumption and diastolic blood pressure (p-value>0.05), there was no significant relationship between the amount of UPF consumption and systolic and diastolic blood pressure (p-value>0.05), there was no significant relationship between the frequency of coffee consumption and the amount of coffee consumption on systolic and diastolic blood pressure (p-value>0.05), and there was no significant relationship between the frequency of fiber consumption and the amount of fiber consumption on systolic and diastolic blood pressure (p-value>0.05).

Keyword : Ultra Processed food, Coffee, Fiber, Blood Pressure, Hypertension