

Hubungan Antara Asupan Natrium, Kalium dan Derajat Obesitas dengan Kejadian Hipertensi Primer di Puskesmas Desa Tembokrejo Kabupaten Banyuwangi *The Correlation between Natrium Intake, Kalium Intake, and Stage Of Obesity with Primery Hypertension at Health Center in Tembokrejo Village, Banyuwangi Regency.*

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ABSTRACT

Hypertension is a term for medical condition to describe the increase of blood pressure above normal stage. Generally, someone can be diagnosed as hypertension sufferer when he or she has systolic/diastolic blood pressure surpassing 140/90 mmHg, meanwhile the normal blood pressure is only about 120/80 mmHg. High prevalence of hypertension is found within society which consume high natrium, and low prevalence of hypertension is found within society which consumes high kalium. Besides that, obese people have risk of hypertension 51,1 times higher than people with normal weigh. The purpose of this research is to find out the correlation between Natrium intake, Kalium Intake, and Stage Of Obesity with Primery Hypertension at Health Center in Tembokrejo Village, Banyuwangi Regency. The type of this research is observational with cross sectional design. The research sample is every patient age 40-60 years old whose IMT category above normal stage at Health Center in Tembokrejo village Muncar District Banyuwangi regency. The subject of research in total is 98 respondents. The data collection was done by structured interview, semi quantitative Food Frequency Questionnaire (FFQ), and also questioner and respondent's characteristic by measuring weight, height, and blood pressure. Bivariate analysis is used with Chi-Square statistic test. The result of bivariate test towards natrium intake has significant relation (PR = 5.009; CI 95 % = 2.008-11.960; p = 0.000), kalium intake has significant relation (PR = 0.292; CI 95 % = 0.126-0.679; p=0.003), then obesity has significant relation (PR = 3.841; CI 95 % = 1.616-9.131; p= 0.002).

Keywords: *Hypertension, natrium intake, kalium intake, stage of obesity*