

***Corelation Of The Level Of Consumption Of Nutrients And Nutritional Status Of
Events On The Elderly Hypertension In Elderly Social Services UPT Jember***

Siti Novita Sari
Clinical Nutrition of Study Program
Majoring of Health

ABSTRACT

Hypertension is a State without symptoms, where high blood pressure in the arteries causes an increased risk of diseases-cardiovascular-related diseases such as stroke, kidney failure, heart attacks, and kidney damage (Sutanto,2010). The purpose of this research is to analyze the relationship of the level of consumption of nutrients and nutritional status in elderly hypertension of events on UPT social service Seniors Jember. This research was conducted for ten months. This type of research analytical observasional by using this type of cross sectional design. Population 140 people and the number of samples 64 respondents. Sampling using simple random sampling technique. The research instruments include respondent form characteristics, food weighing form, bathroom scale, metline, needle tensimeter, and stetoscope. Methods of data collection include the first stage of collecting basic data that is the recording of the respondent's identity, the second stage of weight weighing, knee height estimation measurement, blood pressure measurement, third stage weighing the food to be consumed respondents and if there are food scraps then need to be weighed again to know the real consumption. The statistical test used is spearman rank correlation test. The result of spearman rank correlation test shows that there is correlation between nutrient consumption level (fat, sodium, fiber) and nutritional status against the incidence of hypertension in the elderly in UPT Sosial Service Jember. ($p = 0.000, 0.000, 0.000, 0.002$).

Key words: Elderly, Fat, Fiber ,Hypertension, Nutrient Status, Sodium