

**Hubungan Konsumsi Makanan Berpengawet Serta Instan Dan Status Gizi Terhadap Tekanan Darah Pasien Rawat Jalan Di Puskesmas Suboh** (*Relationships of preservative food consumption with instant and nutrition status with blood pressure outpatients at Puskesmas Suboh*)

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***ABSTRACT***

*Hypertension or high blood pressure occur because of a disturbance in the circulatory system. The disturbance caused the blood can not circulate to the whole body smoothly so that supply oxygen and intake the nutrients can not carried to the necessary tissues. The purpose of this study was to know the relationship of preservative food consumption with instant and the nutritional status with blood pressure outpatients at Puskesmas Suboh. Design of this study used analytical observational with cross sectional approach. There was 80 respondents which were used simple random sampling technique. This study was conducted in august 2016 at Puskesmas Suboh. Spearman test result showed that there was relationship of preservative food consumption with instant (intake sodium and frequency of meals) with blood pressure in get value  $p = 0,000$ . While relations nutrition status by blood pressure there are a significant in get value  $p = 0,000$ .*

*Keywords: Blood Pressure, Food Consumption Preservative with Instant, Status Nutrition*