

The Differences of Energy Intake, Sodium, Potassium and Nutritional Status between Elderly Hypertension Living with Family and Elderly Living in nursing Home East Kasiyan Region.

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Many health problems suffered in elderly are varies. It may affect nutrient intake and nutritional status to the elderly. Excess sodium intake and potassium deficiency intake in the elderly lead to hypertension. The purpose of this research is to know the difference of energy intake, sodium intake, potassium intake and nutritional status in elderly hypertension who live with family and elderly who live in a nursing home around East Kasiyan Region, Jember. This research uses Observational Analytic study with cross sectional design. The sampling technique that has been used is the simple random sampling with the number of samples each of 22 respondents. This study was conducted in July 2017. The data were collected with food recall 3x24 hours interview, and measured knee height and weight body. The sodium intake, potassium intake and nutritional status was tested using the Mann Whitney test. in the other hand, energy intake was tested using the independent sampel t-test. In the test of energy intake differences between groups, obtained the value of $p = 0.002$ ($p < 0,05$) which indicates that there is a difference between the two groups. In the test of sodium intake $p = 0.001$ ($p < 0,05$), in the potassium intake test obtained $p = 0,001$ ($p < 0,05$), nutritional status was obtained $p = 0,029$ ($p < 0,05$). In conclusion, there are differences in energy intake, sodium, potassium and nutritional status between elderly people living with families and in nursing home.

Keyword : *energy intake, Sodium intake, Potassium intake, Nutritional status in elderly, nursing home*