

Analysis Of Nutritional Status, Dietary Patterns and Saturated Fatty Acid Intake On The Incidence Of Hypertension In Pre-Elderly Women at the Ledokombo Community Health Center

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ABSTRACT

Hypertension is defined as an increase in systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg. The prevalence of hypertension based on measurements in individuals in East Java is 34.3%, while the prevalence of hypertension at Ledokombo Health Center is 35.4%. The purpose of this study was to analyze nutritional status, dietary patterns, and saturated fatty acid intake in relation to the incidence of hypertension among pre-elderly women. This study is an observational analysis with a cross-sectional design. The number of research subjects are 93 respondents. Data collection is conducted using the SQ-FFQ questionnaire. The results showed that there is a significant effect of nutritional status on the incidence of hypertension ($p=0.002$; OR = 4.160), and there is a significant effect of dietary patterns on the incidence of hypertension ($p=0.001$; OR = 4,750), there is a significant effect of saturated fatty acid intake on the incidence of hypertension ($p=0.001$; OR = 4,571). Statistical analysis is performed by using SPSS 25 with the *chi-regression* test. The results showed that there is a significant effect of nutritional status on the incidence of hypertension ($p=0.009$; $t = 2,656$), there is a significant effect of dietary patterns on the incidence of hypertension ($p=0.042$; $t = 2,068$), and there is a significant effect of saturated fatty acid intake on the incidence of hypertension ($p=0.029$; OR = 2,216).

Keywords : Nutritional Status, Dietary Patterns and Saturated Fatty Acid Intake