

**THE RELATIONSHIP BETWEEN DAILY VEGETABLE CONSUMPTION
FREQUENCY (DVCF) AND FOOD SECURITY WITH HYPERTENSION
LEVEL AMONG ELDERLY IN URBAN AREAS**

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ABSTRACT

Hypertension is one of the most common non-communicable diseases among the elderly and increases the risk of health complications. Daily vegetable consumption frequency and food security are factors that may be associated with hypertension levels in the elderly. This study aimed to analyze the relationship between daily vegetable consumption frequency (DVCF) and food security with hypertension levels among elderly in urban areas. This study used an analytic observational design with a cross-sectional approach involving 100 respondents selected using purposive sampling. Data on daily vegetable consumption frequency were collected using the Food Frequency Questionnaire (FFQ), food security was assessed using the Household Food Insecurity Access Scale (HFIAS), and hypertension levels were determined through blood pressure measurements. Data were analyzed using the Chi-Square test. The results showed that most respondents had grade 1 hypertension (57%). Respondents with adequate DVCF were 52%, while 48% had inadequate DVCF. Based on food security status, most respondents were categorized as mildly food insecure (48%). Statistical analysis showed a significant relationship between DVCF and hypertension level among the elderly ($p=0.010$), while food security was not significantly associated with hypertension level ($p=0.126$). In conclusion, daily vegetable consumption frequency was associated with hypertension level among the elderly, whereas food security showed no significant relationship with hypertension level.

Keywords: *daily vegetable consumption frequency, food security, hypertension levels, the elderly levels.*