Relationship Between Nutritional Knowledge and Sugary Drink Consumption Patterns with Total Cholesterol Levels in Hypercolesterolemia Patiens at Jember Regency

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ABSTRACT

Hypercholesterolemia is a condition where total blood cholesterol levels are above normal (>200 mg/dL) and is asscociated with an increased risk of cardiovascular disease. Several factors influence total blood cholesterol levels, including nutritional knowledge and sugary drink consumption patterns. The purpose of this study was to determine the relationship between nutritional knowledge using a nutritional knowledge questionnaire and sugary drink consumption patterns using a Semi Quantitative-Food Frequency Questionnaire with total cholesterol levels in hypercholesterolemia patients at Jember Regency. This study used an observational approach with a cross-sectional design. This study involved 108 respondents selected using a purposive sampling method. The characteristics of the respondents in this study were as follows: 87 (80.6%) were female; 43 (39.9%) were in the pre-elderly age group; 44 (40.7%) had a high school or vocational school education; 48 (44.5%) had poor nutritional knowledge; 55 (50.9%) frequently consumed sugary drinks; and 55 (50.9%) had total cholesterol levels classified as normal. The results of the bivariate test showed a significant relationship between nutritional knowledge (p=0.012; r=-0.241) and sugary drink consumption patterns (p= 0.030; r = 0.209) with total cholesterol levels. The conclusion of this study is that nutritional knowledge has a weak negative association with total cholesterol levels in patients with hypercholesterolemia, and the sugary drink consumption pattern has a weak positive association with total cholesterol levels in patients with hypercholesterolemia.

Keywords: *Hypercholesterolemia, cholesterol, sugary drinks, nutritional knowledge*