

***The Relationship Between Coffee Consumption Habits, Calcium Intake, and
Total Cholesterol Levels in Patients with Hypercholesterolemia in Jember
Regency***

Rosa Dyandra Nur Qomnariah
*Clinical Nutrition Study Program
Department of Health*

ABSTRACT

Hypercholesterolemia is one of the risk factors for cardiovascular disease and can be influenced by various factors, including coffee consumption habits and calcium intake. Coffee contains diterpene compounds, such as cafestol and kahweol, which have the potential to affect cholesterol metabolism, while calcium plays a role in reducing fat absorption and increasing bile acid excretion. This study aimed to analyze the relationship between coffee consumption habits and calcium intake with total cholesterol levels among patients with hypercholesterolemia at Public Health Centers in Jember Regency. This study employed a quantitative analytical observational design with a cross-sectional approach. The study sample consisted of 108 patients with hypercholesterolemia who met the research criteria. Data on coffee consumption habits were collected using a questionnaire, calcium intake was assessed using a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ), and total cholesterol levels were measured using the Family Dr device. Data were analyzed using univariate and bivariate analyses. Fisher's Exact Test was used to determine the relationship between variables, while Cramer's V was used to determine the strength of the association at a significance level of $\alpha=0.05$. The results showed that most respondents had low coffee consumption habits, inadequate calcium intake, and desirable total cholesterol levels. The analysis revealed a significant relationship between coffee consumption habits and total cholesterol levels ($p=0.008$), with a weak association (Cramer's $V=0.264$). In addition, a significant relationship was found between calcium intake and total cholesterol levels ($p<0.001$), with a strong association (Cramer's $V=0.563$). In conclusion, coffee consumption habits and calcium intake were significantly associated with total cholesterol levels among patients with hypercholesterolemia at Public Health Centers in Jember Regency. The association between calcium intake and total cholesterol levels was stronger than that between coffee consumption habits and total cholesterol levels.

Keywords: *calcium intake, coffee consumption habits, Cramer's V , Fisher's Exact Test, hypercholesterolemia, , total cholesterol levels.*