

**THE ASSOCIATION BETWEEN SODIUM, FAT, AND VEGETABLE  
INTAKE AND HYPERTENSION INCIDENCE IN THE COASTAL AREA OF  
SUMBERAGUNG COMMUNITY HEALTH CENTER**

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**ABSTRACT**

*Hypertension remains a significant non-communicable disease and a major health issue in Indonesia. Coastal communities often exhibit specific dietary habits that can be linked to an increased risk of hypertension, particularly due to high sodium and fat intakes alongside low vegetable consumption. This study aimed to examine the correlation between sodium, fat, and vegetable intakes and the incidence of hypertension among coastal communities within the working area of the Sumberagung Public Health Center (Puskesmas). This was a quantitative study using an analytical observational approach with a cross-sectional design. The study was conducted from May 12 to 23, 2026, in Pancer, the working area of the Sumberagung Public Health Center. A total of 100 respondents aged 36–65 years were enrolled as samples using a purposive sampling method. Data on sodium, fat, and vegetable intakes were collected using a Semi Quantitative Food Frequency Questionnaire (SQ-FFQ), while blood pressure data were obtained through direct measurement. Data analysis was performed using the Chi-Square test with a 95% confidence level. The results showed that 41% of respondents had hypertension. The majority of respondents had high sodium intake (79%), excessive fat intake (75%), and inadequate vegetable intake (86%). Bivariate analysis revealed a significant correlation between sodium intake and the incidence of hypertension ( $p = 0.021$ ) as well as fat intake and the incidence of hypertension ( $p = 0.046$ ). Conversely, vegetable intake was not significantly correlated with the incidence of hypertension ( $p = 0.665$ ). In conclusion, the incidence of hypertension among coastal communities in the working area of the Sumberagung Public Health Center is associated with sodium and fat intakes, but shows no significant association with vegetable intake. Controlling sodium and fat consumption should be a key focus in preventing hypertension within coastal communities.*

**Keywords:** *hypertension, sodium intake, fat intake, vegetable intake, coastal communities.*