

**ASSOCIATION OF ULTRA-PROCESSED FOOD CONSUMPTION, FRUIT
AND VEGETABLE INTAKE, AND BODY MASS INDEX WITH
HYPERTENSION AMONG PRE-ELDERLY ADULTS AT PUSKESMAS
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Eka Ardia Nuris

Clinical Nutrition Study Program

Department of Health

ABSTRACT

Hypertension among pre-elderly adults is associated with multiple conditions, including dietary patterns and nutritional status. This study examined the associations of ultra-processed food consumption, fruit and vegetable intake, and Body Mass Index with hypertension among pre-elderly adults in the working area of Summersari Primary Health Center. An analytical observational method with a cross-sectional design was applied to 105 respondents recruited through purposive sampling. Dietary information was obtained from interviews using a respondent characteristics questionnaire and a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ). Anthropometric measurements were used to determine Body Mass Index, whereas blood pressure measurements were used to classify hypertension status. The associations between variables were assessed using the Pearson Chi-Square test. Hypertension was identified in 40.0% of respondents. High ultra-processed food consumption was found in 50.5%, inadequate fruit and vegetable intake in 71.4%, and Body Mass Index above the normal category in 56.2% of respondents. Statistical analysis identified a significant association between ultra-processed food consumption and hypertension ($p < 0.001$; $OR = 5.252$). Significant associations were also observed for fruit and vegetable intake ($p = 0.008$; inverse $OR = 3.69$) and Body Mass Index ($p < 0.001$; Cramer's $V = 0.604$) in relation to hypertension. These findings indicate that all three variables were significantly associated with hypertension among pre-elderly adults in the working area of Summersari Primary Health Center. Limiting ultra-processed food consumption, achieving adequate fruit and vegetable intake, and maintaining a normal nutritional status may support hypertension prevention efforts.

Keywords: *hypertension, ultra-processed food, fruit and vegetable intake, body mass index, pre-elderly*