



ABSTRACT

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PROGRAM STUDY SCIENCE NUTRITION
UNDERGRADUATED THESIS, FEBRUARY 2018

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NATURE STATUS RELATIONSHIP, FEED SUPPLY RATE, FIBER AND SODIUM WITH HYPERTENSION OF AGE 46 - 65 YEARS IN PUSKESMAS SUB DISTRICTS KEBON JAKARTA WEST

xiii, VI Chapters, 89 Page, 11 Table, 8 Picture

Background: : Elderly Is the final stage of the human life cycle, is part of life processes that can not be avoided and will be experienced by every individual. Hypertension is caused by many factors one of which is an unhealthy lifestyle. Consumption of foods that contain high fat, low fiber consumption, and sodium consumption level.

Purpose: Knowing the relationship of nutritional status, fat sufficiency level, fiber sufficiency level and sodium sufficiency level with hypertension age 46-65 years old at Kebon Jeruk Health Center West Jakarta.

methods: Cross-sectional design study, the population of 549 people, the sample of this study is the old age of 46-65 years. Sampling by accidental sampling method has obtained a sample of 100 people. Data analysis using chi-square test.

results: There was significant relationship between nutritional status (p-value 0,004; OR = 0,258), fat sufficiency level (p-value 0.051, OR = 2,594), fiber sufficiency level (p-value 0,036; OR = 2,841), sodium sufficiency level -value 0.052; OR = 2,647) with hypertension.

Conclusion: nutritional status, fat sufficiency level, fiber, and sodium have an effect on to hypertension. provide counseling to the elderly about factors - factors associated with hypertension in the elderly and families

Keywords: Elderly, Nutritional Status, Nutritional Adequacy Level.

Reading List : 63 (1996-2016).