ABSTRACT

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THE CORRELATION OF FAT INTAKES, FIBER, VITAMIN C, AND TRIGLYCERIDE LEVELS IN CORONARY HEART DISEASE PATIENTS IN TANGERANG REGENCY GENERAL HOSPITAL'S POLYCLINIC
xvii, VI Chapter, 97 Pages, 15 Tables, 1 Figures, 9 Appendices

Background: Coronary Heart Disease (CHD) is a condition that occurs due to buildup of plaque in the arteries of the heart so that it causes the supply of the blood to heart is disturbed. Based on data in Ministry of Health of Republic of Indonesia (2012) shows that the cause of the individuals' death with non-infectious disease leaded by cardiovascular disease (CVD) around(39%).
Objective: To know the correlation of fat intakes, fiber, and vitamin C to triglyceride levels in coronary heart patients in Tangerang Regency General Hospital.
Method: This study used a quantitative approach method with a cross-sectional study. The population of coronary heart patients in Tangerang Regency General Hospital's polyclinic was 202 people and sample calculation using the Fisher Transformation is derivedaround 66 respondents as samples. Bivariate analysis used Pearson Correlation.
Results: Based on the66 samples of the study, male patients were 38 (57.6%), the average age of them were 58.36 years old with high school level were 24 people (36.36%), retirees were 22 people (33.3%), hypertensive disease history were 37 people (56.1%), dyslipidemia disease history were 36 people (52.5%). The results of statistical test usedPearson Correlation Coefficient, it shows that it has a correlation withtriglyceridelevels among fat intakes (p = 0,005), fiber (p = 0.031), and vitamin C (p = 0.035).
Conclusion: Fat intakes, fiber, and vitamin C associated with triglyceride levels in patients of coronary heart disease.
Key words: Triglyceride levels, Fat intakes, fiber, vitamin C, Coronary Heart Disease.