



## ABSTRACT

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**Associated between Sodium Intake, Salty Food Consumption Patterns , Consumption Patterns Seasoning, Physical Activity, BMI And Hypertension Events In Female Age Group Menopause (45 -54 Years) In South Kalimantan (Data Analysis Riskesdas 2007)**

xiv, Chapter VI, 105 pages, 17 tables, 4 drawings.

Hypertension is a disorder of the circulatory system that quite a lot of disturbing public health. In general, occur in humans over the age of 40 years. **Objective:** to know the associated between sodium intake, salty food consumption patterns, consumption pattern seasoning, physical activity, BMI and hypertension incidence of hypertension in postmenopausal women aged group (45-54 years) in South Kalimantan. **Research Design:** Using Data Riskesdas 2007 with a cross-sectional study design, data analysis using Chi-square and multiple logistic analysis. These samples included 889 people. **Results:** There was a significant relationship between age ( $p = 0,037$ ) and BMI ( $0,000$ ) on the incidence of hypertension. There is no significant relationship between sodium intake ( $p = 0,527$ ), the pattern of consumption of salty foods ( $p = 0,631$ ), the consumption pattern seasoning ( $p=0,08$ ), and physical activity ( $p = 0,337$ ) and the incidence of hypertension. factors most related to the incidence of hypertension were age ( $p = 0,021$ ) and BMI ( $p = 0,000$ ). **Conclusion:** Age and BMI is most likely predictor of the incidence of hypertension.

**Keywords:** Patterns of food consumption, physical activity, BMI, menopausal women, Hypertension

Reading List: 84 (1979-2013)