

ABSTRACT



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ESA UNGGUL UNIVERSITY JAKARTA
UNDERGRADUATE THESIS, MARCH 2015

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**ASSOCIATION BETWEEN SEX, AGE, NATRIUM, KALIUM, AND
CHOLESTEROL INTAKE OF HYPERTENSION IN ELDERLY OF NORTH
SULAWESI
(ANALYSIS DATA RISKESDAS 2007)**

Background : *North Sulawesi has a prevalence of hypertension higher than the national prevalence. Many factors that cause hypertension, including the characteristics of the respondents. Factors thought to be can one of the causes of hypertension among which the characteristics of the respondents, and the eating habits of respondent.*

Objective : *This study aimed to determine the relationship between gender, age, intake of sodium, potassium, and cholesterol on the incidence of hypertension in elderly in the province of North Sulawesi.*

Methods : *This study uses secondary data Riskesda 2007. The cross-sectional approach. respondents are ethnic communities of North Sulawesi Province aged 45-70 years. The number of respondents were 2047 respondents. Data were collected by questionnaire. Data intake of sodium, potassium and cholesterol with food recall intervention. Analyzed by Chi-Square test.*

Result : *Respondents were hypertension of 19.2%, which amounted to 80.8% of not hypertension. Respondents hypertension mostly male sex 24.7% by the age of 60-70 years of 25.9%. Respondents hypertension with normal sodium intake of 96%, and high of 4%. Respondents hypertension with low potassium intake of 64.4%, and 35.6% are enough. Respondents hypertension with high cholesterol intake by 50.6% and the normal of 49.4%. For sex, age and cholesterol intake is no relationship with a p-value <0,05. There is not significant relationship between sodium and potassium intake on the incidence of hypertension with a p-value > 0.05.*

Conclusion : *Need for selection of nutrition education interventions are tailored to the nutritional problems faced by each age group, sex, and eating habits of respondents.*

Keywords : *Natrium, kalium, cholesterol intake.*

Reading Sources : *64 (1975-2014)*