



## ABSTRACT

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***ASSOCIATION OF SODIUM INTAKE, CHOLESTEROL, CAFFEINE, PHYSICAL ACTIVITY, NUTRITIONAL STATUS AND DIETARY BEHAVIOR OF OCCURRENCE IN HYPERTENSION AGE GROUP 45-74 YEARS IN SULAWESI (SECONDARY DATA ANALYSIS RISKESDAS 2007)***

xv, VI chapters, 129 pages, 19 tables, 15 graphs, 2 images

***Background:*** World Health Organization (WHO) declared that from 2000 until now, prevalence of hypertension increase. The world's population affected by hypertension (26.4%). The prevalence of hypertension in Indonesia also tends to increase approximately (27.5%).

***Objectives:*** To determine association of sodium intake, cholesterol, caffeine, physical activity, nutritional status, and dietary behavior of occurrence in hypertension age group 45-74 years in Sulawesi.

***Methods:*** Used a case-control method design study of cross sectional. Data Riskesdas 2007. Samples aged 45-74 years amounted 13859 on the Sulawesi. Statistical test using t-test two independent samples and multiple logistic regression.

***Results:*** Most of samples are female (58.4%) with an average age > 55 years, most low educational level (74.8%) and a lot more work (59.9%). The statistical test results showed significant association between age, gender, employment status, economic status, cholesterol intake, caffeine consumption and physical activity of occurrence in hypertension ( $p < 0.05$ ).

***Conclusion:*** Need nutrition education dedicated to change lifestyle and dietary behavior continuously to maintain a normal nutritional status.

***Keywords:*** Hypertension, sodium intake, cholesterol intake, caffeine consumption, physical activity, nutritional status, dietary behavior.

**Reading sources:** 60 (1990 – 2014)