ABSTRACT

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MAJORING NUTRITION
UNDERGRADUATE THESIS, FEBRUARY 2015

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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.


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)