

ABSTRACT

Faizah Triantika Meiriana Putri, 2023. *The Relationship between Fat Intake, Sodium Intake, Nutritional Status, and Physical Activity with the Incidence of Hypertension in the Working Area of the Kraksaan Health Center, Probolinggo Regency*, Advisors: Endang Widajati, SST., M.Kes., RD and Dr. Nur Rahman, STP., MP., RD.

Background: Hypertension or high blood pressure is an increase in systolic blood pressure of more than 140 mmHg and diastolic blood pressure of more than 90 mmHg. Hypertension is still the most common cause of cardiovascular disease. Cardiovascular disease is the number one cause of death in the world every year. Hypertension is called the silent killer because it often appears without symptoms. Fat intake, sodium intake, nutritional status, and physical activity are risk factors that can cause hypertension. High fat intake can increase the risk of atherosclerosis, which is narrowing of the blood vessels that impedes blood flow and causes high blood pressure. High sodium intake can trigger an increase in plasma volume and cardiac output resulting in an increase in blood pressure. Obesity nutritional status will increase the burden on the heart to pump blood throughout the body, as a result blood pressure tends to be higher. In addition, low physical activity tends to cause a higher heart rate and causes the heart muscle to work harder on each contraction so that the heart muscle has to work harder to pump blood which will cause an increase in blood pressure.

Purpose: To determine the relationship between fat intake, sodium intake, nutritional status, and physical activity with the incidence of hypertension in the working area of the Kraksaan Health Center, Probolinggo Regency

Methods: This type of research is an analytic observational study with a cross-sectional approach. The sampling method used was purposive sampling involving 32 respondents aged ≥ 45 years. Data collection on fat intake and sodium intake used the 3x24 hour Food Recall form, data for nutritional status was collected by direct measurement, and physical activity data was collected using the PAL (Physical Activity Level) form. Analysis of the research data used the Spearman Rank correlation statistical test with a 95% confidence level with a p-value of 0.05.

Results: The results of bivariate analysis showed that there was a relationship between fat intake and the incidence of hypertension ($p = 0.000$), there was a relationship between sodium intake and the incidence of hypertension ($p = 0.000$), there was a relationship between nutritional status and the incidence of hypertension ($p = 0.004$), there was no the relationship between physical activity and the incidence of hypertension ($p = 0.415$).

Conclusion: There is a relationship between fat intake, sodium intake, and nutritional status with the incidence of hypertension and there is no relationship between physical activity and the incidence of hypertension in the working area of the Kraksaan Health Center, Probolinggo Regency.

Keywords: Hypertension, Fat Intake, Sodium Intake, Nutritional Status, Physical Activity.