

## ABSTRACT

**SITI A'IMATUL MURSIDAYANI. 2023.** The Effect of Nutrition Education Using Leaflet Media on Sodium Intake and Blood Pressure in Elderly Hypertension at Posyandu Tumpang Village Malang Regency. Supervisor: Endang Widajati, SST, M.Kes., RD, and Rany Adelina, S.Gz, MS.

**Background:** The most common non-communicable disease among the elderly is hypertension. Based on 2018 Balitbangkes data, the prevalence of hypertension sufferers in Malang Regency is 2.89% higher. One of the causes of hypertension is excessive sodium consumption. Providing nutrition education aims to increase knowledge and change the behavior of the elderly and their families toward consuming sodium in everyday life. Leaflets are used as media for nutrition education because they have the advantage that the material can be studied repeatedly.

**Methods:** This type of research is a quasi-experimental study with a one-group pretest-posttest design. Intervention was given to elderly hypertensives door-to-door. The sample size in this study was taken using a non-probability sampling technique, namely purposive sampling. Samples were taken at Tumpang 1 and Tumpang 3 Posyandu from a total of 30 elderly people. A food recall was carried out 3x24 hours, and blood pressure checks were done before and after nutrition education was given.

**Research Results:** Most of the elderly with hypertension are women in the elderly category with abnormal nutritional status. Most suffer from hypertension for 1–5 years. Sodium intake and blood pressure decreased after being given nutrition education.

**Conclusion:** Nutrition education using leaflet media shows a significant effect on sodium intake and blood pressure in elderly hypertensives.

**Suggestion:** It is better to determine the age limit and degree of hypertension in the inclusion criteria, examine drug adherence, form a control group and treatment group, and use the food record method as a companion to food recall.

**Keywords:** Nutrition education, leaflet, sodium intake, blood pressure, elderly, hypertension