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ABSTRACT

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***THE RELATIONSHIP OF SODIUM, FAT, FIBER CONSUMPTION HABITS,
AND NUTRITIONAL STATUS WITH THE INCIDENCE OF
HYPERTENSION IN THE ELDERLY AT TAWANG HEALTH CENTER***

Hypertension is a condition when the systolic blood pressure is more than 140 mmHg and the diastolic blood pressure is more than 90 mmHg. This study aims to analyze the relationship between consumption habits of sodium, fat, fiber, and nutritional status with the incidence of hypertension in the elderly at the Tawang Health Center. This research method is an observational study with a cross-sectional design conducted at the Tawang Health Center in Tasikmalaya City. The sample in this study were elderly patients aged ≥ 60 years at the Tawang Health Center with a total of 102 people. The sampling technique in this study used accidental sampling technique. Data analysis was performed using the Chi-Square test. The results of the analysis in this study showed that there was a significant relationship between sodium consumption habits and the incidence of hypertension ($p=0.013$), with an Odds Ratio test value of 4,000 indicating that the elderly with consumption habits experienced a 4-fold increase risk of developing hypertension compared to the elderly who consume sodium low. There was no significant relationship between fat consumption habits and the incidence of hypertension ($p=1.000$). There was no significant relationship between fiber consumption habits and the incidence of hypertension ($p=0.169$). There was no significant relationship between nutritional status and the incidence of hypertension ($p=0.429$). The elderly are expected to routinely check their blood pressure at the nearest health facility, always maintain their weight, reduce sodium and saturated fat consumption, regularly consume fruits and vegetables and exercise regularly to maintain blood pressure.

Keywords: *Hypertension, Sodium, Fat, Fiber, Nutritional Status*