

**ABSTRACT**

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***THE RELATIONSHIP BETWEEN ADEQUATE LEVELS OF SODIUM, FAT,  
AND POTASSIUM WITH BLOOD PRESSURE IN YOUNG ADULT  
OUTPATIENTS (20-44 YEARS OLD)***

*(Observational Study At The Ciamis Health Center In 2024)*

*Blood pressure is the main indicator to see the strength of the heart when pumping whole blood into the artery wall. This study aims to analyze the relationship between the level of adequacy of sodium, fat, and potassium in young adult outpatients (20-44 years) at the Ciamis Health Center in 2024. This study used an observational study method with a cross sectional design. The population of this study were all outpatients of young adult age (20-44 years) at the Ciamis Health Center. The number of research samples were 116 people aged 20-44 years at the Ciamis Health Center. Sampling using quota sampling technique. The instruments in this study used 2x24 hour food recall and food photo book to measure the level of nutrient adequacy and sphygmomanometer for blood pressure measurement. The results of the analysis using the chi-square test and OR concluded that there was an association between the level of sodium sufficiency ( $p=0.083$ ) and the level of fat sufficiency ( $p=0.013$ ) with blood pressure. There was no association between potassium sufficiency level ( $p=0,345$ ) and blood pressure. More sodium sufficiency level has a 2.8 times risk of developing hypertension and more fat sufficiency level has a 3.7 times risk of developing hypertension. The suggestion from this study is that respondents are expected to limit sodium intake by reducing the use of table salt and flavorings, and limiting the consumption of high-fat food. Respondents are also expected to consume foods high in potassium.*

**Keywords:** *adequate levels of fat, adequate levels of potassium, adequate levels of sodium, blood pressure*