

FAKULTY OF HEALTH SCIENCE

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ABSTRACT

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CORRELATION BETWEEN SODIUM AND FAT INTAKE WITH EVENTS MIDDLE AGE GROUP HYPERTENSION (45-59 YEARS OLD) AT PUSKESMAS TAMANSARI WORK AREA

Hypertension is a condition when there is an increase in systolic pressure exceeding 140 mmHg and diastolic pressure exceeding 90 mmHg. One of the factors that causes hypertension is food intake, especially food intake that is high in sodium and fat. This study aims to analyze the relationship between sodium and fat intake and the incidence of hypertension in the middle age group (45-59 years) in the Tamansari Health Center working area. This research is an observational study with a cross sectional design. The total population in this study was 1,425 people and a sample of 78 people was taken using proportional random sampling technique. Bivariate analysis uses the Chi Square test. This research shows that there is a relationship between sodium intake ($p=0.001$) OR 7,764 and fat ($p=0.003$) OR 8,067 and the incidence of hypertension. It is hoped that people will make lifestyle modifications and avoid risk factors for hypertension, especially avoiding excess sodium and fat intake.

Keyword : sodium intake, fat intake, hypertension