

ABSTRAK

ULAN KURNIA CAHYA. Gambaran Asupan Makan Dan Hipertensi Pada Lansia Di Posyandu Lansia RW 01 Kelurahan Perhentian Maroyan Kecamatan Marpoyan Damai. Dibimbing oleh Fitri, SP, MKM dan Yuliana Arsil, M.Farm, Apt

Prevalensi hipertensi di Indonesia cenderung meningkat seiring bertambahnya usia. Asupan makanan dengan kandungan lemak dan natrium yang berlebihan dapat berisiko terjadinya hipertensi. Tujuan penelitian ini untuk mengetahui Gambaran Asupan Makan Dan Hipertensi Pada Lansia Di RW 01 Kelurahan Perhentian Marpoyan Damai Kota Pekanbaru. Jenis penelitian deskriptif dengan Desain penelitian menggunakan *cross sectional*. Teknik pengambilan sampel menggunakan *Total Sampling*. Subjek penelitian ini adalah seluruh lansia dengan jumlah 36 orang. Data asupan karbohidrat, lemak dan natrium menggunakan *food recall* 2x24 jam dan Tekanan Darah yang diukur dengan alat (*Digital Pressure Meter*) Analisis data secara univariat. Hasil penelitian menunjukkan asupan karbohidrat kategori baik sebesar 50.0%, asupan lemak kategori defisit sebesar 58.3%, asupan natrium kategori tidak baik sebesar 77.8 %. Kejadian hipertensi tingkat I 61.11% dan pra hipertensi 36.11%.

Kata Kunci : Asupan Karbohidrat, Lemak, Natrium, Hipertensi

ABTRACT

ULAN KURNIA CAHYA. Description of Food Intake and Hypertension in the Elderly at the Elderly Posyandu RW 01, Perhentian Maroyan Village, Marpoyan Damai District. Supervised by Fitri, SP, MKM and Yuliana Arsil, M.Farm, Apt

The prevalence of hypertension in Indonesia tends to increase with increasing age . Intake of foods with excessive fat and sodium content can risk hypertension. The aim of this research is to determine the description of food intake and hypertension in the elderly in RW 01 Perhentian Marpoyan Damai Village, Pekanbaru City. The research design used cross sectional. The sampling technique uses Side Total. The subjects of this research were all elderly people with a total of 36 people. Data on carbohydrate, fat and sodium intake using 2x24 hour food recall and blood pressure measured using a digital pressure meter. Data analysis was univariate. The research results showed that carbohydrate intake in the good category was 50.0%, fat intake in the deficit category was 58.3%, sodium intake in the bad category was 77.8%. The incidence of grade I hypertension was 61.11% and pre-hypertension was 36.11%.

Keywords: Carbohydrate intake, fat, sodium, incidence of hypertension