

# **HUBUNGAN IMT, LINGKAR PERUT, KONSUMSI MAKANAN ASIN, DAN KONSUMSI BUAH SERTA SAYUR DENGAN KEJADIAN HIPERTENSI PADA KELOMPOK DEWASA JAWA BARAT USIA 26-45 TAHUN (ANALISIS DATA RISKESDAS 2018)**

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## **Abstrak**

Hipertensi ditandai dengan tekanan darah sistolik  $\geq 140$  mmHg atau tekanan darah diastolik  $\geq 90$  mmHg. Jika tidak ditangani, hipertensi dapat menimbulkan penyakit kardiovaskuler seperti stroke, gagal jantung, penyakit jantung koroner, bahkan kematian. Riskesdas 2018 menyebutkan, Jawa Barat merupakan provinsi kedua tertinggi hipertensi di Indonesia. Tujuan penelitian yaitu untuk mengetahui hubungan IMT, lingkar perut, konsumsi makanan asin, dan konsumsi buah serta sayur dengan kejadian hipertensi pada kelompok dewasa Jawa Barat usia 26-45 tahun berdasarkan analisis data Riskesdas 2018. Penelitian ini merupakan analitik observasional dengan desain *cross-sectional* dan menggunakan data sekunder Riskesdas 2018. Sampel penelitian sebanyak 11.616 orang. Hasil penelitian menunjukkan 39% responden menderita hipertensi, 47% memiliki IMT normal, 45% menderita obesitas sentral, 56% sering mengonsumsi makanan asin, 77% kurang mengonsumsi buah, dan 92% kurang mengonsumsi sayur. Kesimpulan penelitian ditemukan hubungan antara status gizi berdasarkan Indeks Massa Tubuh (IMT) ( $p = 0.000$ ), status gizi berdasarkan pengukuran lingkar perut ( $p = 0.000$ ), pola konsumsi makanan asin ( $p = 0.026$ ), dan pola konsumsi buah ( $p = 0.004$ ) dengan kejadian hipertensi. Namun tidak ada hubungan antara pola konsumsi sayur ( $p = 0.724$ ) dengan kejadian hipertensi.

**Kata Kunci:** Hipertensi, Status Gizi, Pola Makan, Dewasa

**THE RELATION OF BMI, WAIST CIRCUMFERENCE,  
SALTY FOODS, FRUITS, AND VEGETABLES  
CONSUMPTION WITH HYPERTENSION OF ADULTS AGED  
26-45 YEARS IN WEST JAVA (RISKESDAS 2018 DATA  
ANALYSIS)**

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**Abstrack**

Hypertension is a state of systolic blood pressure  $\geq 140$  mmHg or diastolic blood pressure  $\geq 90$  mmHg. Untreated hypertension leads to cardiovascular disease such as stroke, heart failure, coronary heart disease, even death. West Java is the second highest province of hypertension in Indonesia. Aim of the study was to determine the relationship between BMI, waist circumference, salty food, fruit, and vegetable consumption with hypertension in West Javanese adult aged 26-45 years based on the analysis of Riskesdas 2018. This study was an observational analytic study with a cross-sectional design, and uses secondary data from Riskesdas 2018. There was 11.616 samples. Results states there were 39% of respondents had hypertension, 47% had a normal BMI, 45% had central obesity, 56% often ate salty foods, 77% ate less fruit, and 92% of respondents ate less vegetables. There were relationship between nutritional status based on BMI ( $p = 0.000$ ), nutritional status based on abdominal circumference measurement ( $p = 0.000$ ), salty foods consumption pattern ( $p = 0.026$ ), and fruit consumption pattern ( $p = 0.004$ ) with the incidence of hypertension. There was no relationship between vegetable consumption pattern ( $p = 0.724$ ) with the incidence of hypertension.

**Keywords:** Hypertension, Nutritional Status, Dietary Consumption Patterns, Adult