

HUBUNGAN KONSUMSI *ULTRA-PROCESSED FOOD*, KONSUMSI BUAH DAN SAYUR, AKTIVITAS FISIK DAN STATUS GIZI DENGAN RISIKO HIPERTENSI PADA REMAJA USIA 13-15 TAHUN DI SMP FATAHILLAH DEPOK

VIRGANI KENESYA PINARING GUSTI

Abstrak

Hipertensi pada remaja menjadi perhatian karena berisiko berlanjut hingga dewasa dan meningkatkan risiko penyakit kardiovaskular. Survei Kesehatan Indonesia 2023 mencatat prevalensi hipertensi remaja sebesar 9,3%, sementara studi awal di SMP Fatahillah Depok menemukan angka jauh lebih tinggi, yaitu 43,3%. Faktor risiko yang dapat dimodifikasi meliputi konsumsi *ultra-processed food* (UPF), rendahnya asupan buah-sayur, minimnya aktivitas fisik, dan status gizi berlebih. Penelitian cross-sectional ini melibatkan 92 responden usia 13-15 tahun untuk menganalisis hubungan keempat faktor tersebut dengan risiko hipertensi. Data UPF serta buah-sayur dikumpulkan melalui FFQ, dianalisis dengan uji chi-square. Hasilnya, 66,3% responden berstatus gizi normal meski ditemukan double burden of malnutrition, dan 33,7% tergolong elevated hingga hipertensi. Hanya asupan buah-sayur yang berhubungan signifikan dengan hipertensi ($p=0,047$; $OR=2,475$), sedangkan UPF, status gizi, dan aktivitas fisik tidak signifikan. Kualitas dan pola konsumsi buah-sayur perlu diperhatikan sebagai upaya pencegahan hipertensi sejak dini.

Kata Kunci : *Ultra-processed food*, Konsumsi buah dan sayur, Aktivitas fisik, Status gizi, Risiko hipertensi, Remaja

THE RELATIONSHIP BETWEEN ULTRA PROCESSED FOOD CONSUMPTION, FRUIT AND VEGETABLE CONSUMPTION, PHYSICAL ACTIVITY AND NUTRITIONAL STATUS WITH THE RISK OF HYPERTENSION IN ADOLESCENTS AGED 13-15 YEARS AT FATAHILLAH MIDDLE SCHOOL, DEPOK

VIRGANI KENESYA PINARING GUSTI

Abstract

Hypertension in adolescents is a concern because it carries the risk of continuing into adulthood and increasing the risk of cardiovascular disease. The 2023 Indonesian Health Survey recorded a prevalence of hypertension in adolescents of 9.3%, while a preliminary study at Fatahillah Junior High School in Depok found a much higher figure, at 43.3%. Modifiable risk factors include consumption of ultra-processed foods (UPF), low fruit and vegetable intake, minimal physical activity, and overnutrition. This cross-sectional study involved 92 respondents aged 13-15 years to analyze the relationship between these four factors and the risk of hypertension. UPF and fruit and vegetable data were collected through a FFQ, analyzed using a chi-square test. The results showed that 66.3% of respondents had normal nutritional status despite a double burden of malnutrition, and 33.7% were classified as elevated to hypertension. Only fruit and vegetable intake was significantly associated with hypertension ($p=0.047$; $OR=2.475$), while UPF, nutritional status, and physical activity were not. The quality and pattern of fruit and vegetable consumption need to be considered as an effort to prevent hypertension from an early age.

Keywords: Ultra-processed food, Fruit and vegetable consumption, Physical activity, Nutritional status, Risk of hypertension, Adolescent.