

# Hubungan pola makan (konsumsi natrium, kalium dan lemak) dengan status gizi lansia hipertensi di Kecamatan Pancoran Mas Kota Depok = Relations of dietary pattern with nutritional status of hypertensive community dwelling older adults in Pancoran Mas District Depok City

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## Abstrak

### <b>ABSTRACT</b><br>

Pola makan merupakan salah satu modifikasi gaya hidup bagi pasien hipertensi. Hipertensi merupakan masalah kesehatan utama pada lansia. Pola makan yang disarankan ialah pola makan Dietary Approach to Stop Hypertension (DASH) yang berfokus pada pembatasan konsumsi garam, lemak dan memperbanyak konsumsi kalium. Pola makan ini memiliki kaitan dengan status gizi berdasarkan Indeks Massa Tubuh (IMT). Penelitian ini bertujuan untuk mengetahui hubungan antara konsumsi natrium, kalium dan lemak dengan status gizi lansia hipertensi berdasarkan The Mini Nutritional Assessment (MNA). Desain penelitian yang digunakan adalah cross-sectional. Sampel sebanyak 107 lansia hipertensi di Pancoran Mas. Hasil penelitian menemukan bahwa lansia hipertensi tergolong lansia muda, perempuan, tidak lulus SMA, tidak merokok, memiliki riwayat keluarga hipertensi, IMT >25 (gizi lebih), sering mengonsumsi natrium, kalium, lemak dan status gizi normal berdasarkan MNA. Ditemukan adanya hubungan antara konsumsi lemak ( $p=0,031$ ,  $OR=0,387$ ) dengan status gizi lansia hipertensi. Tidak ditemukan hubungan antara konsumsi natrium ( $p=0,172$ ) dan kalium ( $p=0,68$ ) dengan status gizi lansia hipertensi. Perawat perlu melakukan edukasi untuk memilih jenis lemak yang dikonsumsi lansia, serta menganjurkan untuk pembatasan konsumsi lemak harian pada lansia hipertensi. Meskipun tidak berhubungan dengan status gizi, pembatasan pada konsumsi natrium serta meningkatkan konsumsi kalium pada lansia berperan dalam menstabilkan tekanan darah.

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### <b>ABSTRACT</b><br>

Dietary Pattern is one of lifestyle modification for hypertensive patients. Hypertension is known as the primary health problem of older adults. Dietary Approach to Stop Hypertension (DASH) diet is recommended to reduce blood pressure. This diet is focusing on reducing natrium and fat consumption, meanwhile it needs higher pottasium consumption. Research found that maintaining DASH diet can influence nutritional status measured by Body Mass Index (BMI). The aim of this study to determine the correlation between natrium, pottasium, and fat consumption with nutritional status of older adults based on The Mini Nutritional Assessment. This study apply cross-sectional method design. Sample is currently reach about 107 hypertensive older adults patients in Pancoran Mas. Result shows that most of respondents are young elderly, women, lower education, having hypertensive family history, not a smoker, BMI >25, consuming more natrium, pottasium and fat, and having normal nutritional status measured by MNA. Fat consumption is associated with nutritional status of hypertensive older adults ( $p=0,031$ ,  $OR=0,387$ ). There is no significant correlation between natrium ( $p=0,172$ ) and pottasium ( $p=0,68$ ) consumption with nutritional status of hypertensive older adults. Nurse should educate hypertensive older adults to manage type of fat consumed and advising to reduce fat in daily consumption. Reducing sodium consumption and increasing

pottasium consumption is recommended for them to maintain blood pressure, although it is not correlated with their nutritional status.