

The impact of vegetarian diets and body mass index on hypertension

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Abstrak

A vegetarian diet is believed to prevent hypertension. This study aims to identify the impact of vegetarian diets, including fat, salt, potassium, and body mass index (BMI), on hypertension. Data was taken by systematic random sampling method from 173 vegetarians and analyzed using chisquare. The result showed that there is no significant association between the intake of fat, sodium, and potassium with hypertension in vegetarians ($p > 0.05$). However, there is a significant relationship between BMI with the incidence of hypertension ($p = 0.025$), where overweight respondents are 3.837 more likely to have hypertension (OR 3.837; 95% CI= 1,256 11,721). It implies that vegetarians tend to have a safe intake of fat, salt, and potassium, and therefore, this condition prevents hypertension. Thus, health promotion about the selection of sources of fat, regulation of salt, potassium intake, and weight management will be beneficial for vegetarians in preventing hypertension.