

ASSOCIATIONS BETWEEN NUTRITION ATTITUDE AND BLOOD PRESSURE AMONG THE ELDERLY WITH HYPERTENSION IN KLATEN, CENTRAL JAVA

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ABSTRACT

Background: Many diseases affecting the elderly are associated with dietary factors. For example, cerebrovascular disease, diabetes, osteoporosis and cancer, are associated with dietary factors. The purpose of this study was to examine the associations between nutrition attitude and blood pressure among the elderly with hypertension in Klaten, Central Java.

Subjects and Method: This was a cross sectional study. Conducted at community health center Juwiring, Klaten District, Central Java, on May 2017. A sample of 125 elderly with hypertension were selected for this study. The dependent variable was hypertension. The independent variable were age, sex, nutritional knowledge, nutritional attitude, vitamin C, and vitamin E. Data on vitamin C and vitamin E were measured by 24 hour Food Recall and semi quantitative FFQ. The other data were collected by questionnaire. The data were analyzed by multiple linear regression.

Results: Age ($b= 0.057$; $p= 0.257$), sex ($b= 1.58$; $p= 0.441$), nutritional knowledge ($b= 0.07$; $p= 0.011$), nutritional attitude ($b=2.59$; $p= 0.016$), vitamin E ($b= 0.39$; $p= 0.037$), and vitamin C ($b= 2.83$; $p= 0.012$) had positive associations with blood pressure among elderly with hypertension.

Conclusion: Blood pressure among the elderly with hypertension is associated with age, sex, nutritional knowledge, nutritional attitude, vitamin E, and vitamin C

Keywords: Blood pressure, elderly, hypertension age, sex, nutritional knowledge, nutritional attitude, vitamin E, vitamin C

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