

**HUBUNGAN KONSUMSI GARAM DAN LEMAK DENGAN TEKANAN
DARAH PADA LANSIA DI POSYANDU KRAJAN
PUSKESMAS GODEAN 1**

Hafidatul Husna¹, Waryana², Tri Siswati³

^{1,2,3}Prodi Pendidikan Profesi Dietisien Poltekkes Kemenkes Yogyakarta
Jalan Tata Bumi No. 3 Banyuraden, Gamping, Sleman

Email : hafidatulhusna123@gmail.com

ABSTRAK

Latar Belakang : Hipertensi merupakan salah satu masalah kesehatan utama yang banyak dialami oleh lansia. Di Indonesia, prevalensi hipertensi pada lansia masih tergolong tinggi seiring dengan bertambahnya usia dan perubahan fisiologis tubuh. Konsumsi garam dan lemak yang berlebihan diketahui berperan dalam peningkatan tekanan darah melalui mekanisme retensi cairan, peningkatan volume darah, serta perubahan elastisitas pembuluh darah. Posyandu lansia sebagai layanan kesehatan berbasis komunitas memiliki peran penting dalam pemantauan dan pencegahan hipertensi.

Tujuan : Menganalisis hubungan antara konsumsi garam dan konsumsi lemak dengan tekanan darah pada lansia di Posyandu Krajan.

Metode : Penelitian ini merupakan penelitian kuantitatif dengan desain cross sectional yang dilakukan pada 40 responden lansia berusia ≥ 60 tahun. Asupan garam dan lemak diukur menggunakan metode recall 24 jam, sedangkan tekanan darah diukur menggunakan tensimeter digital. Analisis data dilakukan menggunakan uji korelasi Spearman.

Hasil : Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki asupan garam kategori lebih (62,5%) dan asupan lemak kategori cukup (45%). Terdapat hubungan yang bermakna antara asupan garam dengan tekanan darah ($p = 0,000$) serta antara asupan lemak dengan tekanan darah ($p = 0,020$).

Kesimpulan: Terdapat hubungan yang signifikan antara konsumsi garam dan konsumsi lemak dengan tekanan darah pada lansia. Pengendalian asupan garam dan lemak perlu dilakukan sebagai upaya pencegahan dan pengendalian hipertensi pada lansia di tingkat komunitas.

Kata Kunci : Konsumsi Garam, Konsumsi Lemak, Lansia, Hipertensi

ASSOCIATION OF SALT AND FAT INTAKE WITH BLOOD PRESSURE IN THE ELDERLY AT KRAJAN ELDERLY POSYANDU, GODEAN 1 COMMUNITY HEALTH CENTER

Hafidatul Husna¹, Waryana², Tri Siswati³

^{1,2,3}Dietitian Professional Education Study Program, Yogyakarta Ministry of Health Polytechnic

Tata Bumi Street No. 3 Banyuraden, Gamping, Sleman

Email : hafidatulhusna123@gmail.com

ABSTRACT

Background: Hypertension is one of the leading public health problems worldwide and remains highly prevalent among the elderly. In Indonesia, the prevalence of hypertension is still high, particularly in the elderly population, due to physiological changes associated with aging. Excessive consumption of salt and fat is known to contribute to increased blood pressure through fluid retention, increased blood volume, and vascular changes. Community-based health services such as elderly posyandu play an important role in monitoring and preventing hypertension

Objective: To analyze the relationship between salt intake and fat intake with blood pressure among elderly individuals at Posyandu Lansia Krajan, Godean 1 Community Health Center.

Methods: This study was a quantitative study with a cross-sectional design conducted on 40 elderly respondents aged ≥ 60 years. Salt and fat intake were assessed using a 24-hour food recall questionnaire, while blood pressure was measured using a digital sphygmomanometer. Data were analyzed using Spearman correlation tests.

Results: The results showed that most respondents had excessive salt intake (62.5%) and adequate fat intake (45%). Statistical analysis demonstrated a significant relationship between salt intake blood pressure ($p = 0.000$), as well as between fat intake and blood pressure ($p = 0.020$).

Conclusion: There is a significant relationship between salt intake and fat intake with blood pressure among the elderly. Reducing salt and fat consumption is important as a preventive strategy to control blood pressure in elderly populations at the community level.

Keywords: Salt intake, Fat intake, Elderly, Hypertension