ABSTRACT

Hypertension is one of the highest causes of death in Indonesia. The occurrence of hypertension in women has a propensity to be higher than men. One of the factors which cause hypertension is the intake of high sodium. A number of food sources of sodium come from the packaged foods. The purpose of this study was to analyze the relationship between the nutritional label reading habits and sodium intake with the incidence of hypertension in women aged ≥40 years in Modong Village, Tulangan District.

This study was an observational analytic study, using a cross sectional research design. The sample of this study was 70 people, which were randomly selected using the systematic random sampling. Data collection comprised questionnaires regarding identity and hypertension factors, the Self Reporting Questionnaire (SRQ), the food recall 3x24 hours questionnaire, the Qualitative Food Frequency Questionnaire (SQ-FFQ), the Global Physical Activity Questionnaire (GPAQ), the nutritional label reading habits and blood pressure measurements quiz. Statistical analysis used was Chi-square and Pearson test with a significance level of <0.05.

The results showed that there was no correlation between the nutritional label reading habits with hypertension (p=0.579), but there was a correlation between sodium intake with hypertension (p=0.002) and there was a significant correlation between nutritional label reading habits (p=0.23) with sodium intake.

The conclusion of this study is that the more they do never read the nutritional label, can cause the higher risk of excess sodium intake. The higher of sodium intake, can cause the danger of hypertension enhances. To prevent an increase in the prevalence of hypertension in women aged ≥40 years, there needs to be increased the awareness through nutrition education related to the label reading habits and intake that augments the blood pressure.

Keywords: nutrition label, sodium, hypertension
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