

POLITEKNIK KESEHATAN TANJUNGPUR

JURUSAN GIZI

Tugas Akhir, April 2025

Intan Permata Sari

**Gambaran Status Gizi, Konsumsi Sayur dan Buah, Tekanan Darah
Penderita Hipertensi di Prolanis Puskesmas Kotabumi II 2025.**

xii + 70 halaman + 16 tabel, 2 gambar, 13 lampiran

ABSTRAK

Hipertensi merupakan masalah kesehatan global yang signifikan, dengan peningkatan prevalensi yang dramatis dalam beberapa dekade terakhir. Prevalensi hipertensi di Indonesia berdasarkan hasil pengukuran pada penduduk usia ≥ 18 tahun sebesar 30,8%. Prevalensi hipertensi berdasarkan hasil pengukuran pada penduduk usia ≥ 18 tahun di provinsi Lampung sebesar 29,7%. Penelitian ini bertujuan untuk menggambarkan status gizi, konsumsi sayur dan buah, tekanan darah penderita hipertensi di Prolanis Puskesmas Kotabumi II tahun 2025.

Metode penelitian ini menggunakan pendekatan deskriptif dengan desain *cross-sectional*, melibatkan 196 pasien hipertensi sebagai populasi dan 66 pasien sebagai sampel. Pengambilan data dikumpulkan dengan tensimeter digital, antropometri, dan menggunakan *Semi Quantitative Food Frequency Questionnaire (SQ-FFQ)*. Analisis data dilakukan secara univariat untuk mendapatkan gambaran dari masing-masing variabel.

Hasil penelitian menunjukkan sebagian besar responden sebanyak 50% memiliki status gizi lebih yaitu yaitu 24,2% overweight, 19,7% obesitas 1, 6,1% obesitas 2. Hipertensi derajat 1 sebanyak 48,5%, disusul dengan tekanan darah normal tinggi sebanyak 42,4%. Konsumsi sayur yang kurang sebanyak 86,4%. Konsumsi buah yang kurang sebanyak 84,8%.

Berdasarkan hasil penelitian disarankan bagi Puskesmas Kotabumi II untuk lebih menekankan dan meningkatkan edukasi kepada peserta Prolanis Puskesmas Kotabumi II tentang pentingnya konsumsi sayur dan buah dalam jumlah yang cukup sesuai dengan anjuran yang telah tertera di diet DASH. Bagi pasien hipertensi di Prolanis Kotabumi II disarankan untuk meningkatkan konsumsi sayur dan buah hingga mencapai 4-5 porsi perhari sesuai dengan yang dianjurkan dalam diet DASH guna untuk pengendalian tekanan darah.

Kata kunci : Status Gizi, Konsumsi Sayur dan Buah, Hipertensi

Daftar pustaka : 44 (2015 – 2024)

HEALTH POLYTECHNIC OF TANJUNGKARANG

NUTRITION DEPARTEMENT

Final Report, April 2025

Intan Permata Sari

Description of Nutritional Status, Vegetables and Fruits Consumption, Blood Pressure in Hypertension Patients at Prolanis Kotabumi II Health Center 2025.

xii + 70 pages + 16 tables, 2 figures, 13 attachments

ABSTRACT

Hypertension is a significant global health problem, with a dramatic increase in prevalence in recent decades. The prevalence of hypertension in Indonesia based on measurement results in the population aged ≥ 18 years is 30.8%. The prevalence of hypertension based on the results of measurements in the population aged ≥ 18 years in Lampung province was 29.7%. This study aims to describe the nutritional status, vegetable and fruit consumption, blood pressure in hypertensive patients at Prolanis Kotabumi II Health Center in 2025.

This research method uses a descriptive approach with a cross-sectional design, involving 196 hypertensive patients as a population and 66 patients as a sample. Data collection was collected using a digital tensiometer, anthropometry, and using the Semi Quantitative Food Frequency Questionnaire (SQ-FFQ). Data analysis was carried out univariately to obtain an overview of each variable.

The results showed that most respondents as much as 50% had more nutritional status, namely 24.2% overweight, 19,8% obesity 1, 6,1% obesity 2. Hypertension degree 1 as much as 48.5%, followed by high normal blood pressure as much as 42.4%.Less vegetable consumption as much as 86.4%. Fruit consumption was 84.8%.

Based on the results of the study, it is recommended for the Kotabumi II Health Center to further emphasize and increase education to Prolanis participants of the Kotabumin II Health Center about the importance of consuming sufficient amounts of vegetables and fruits in accordance with the recommendations listed in the DASH diet. For hypertensive patients in Prolanis Kotabumi II, it is recommended to increase the consumption of vegetables and fruits to reach 4-5 servings per day as recommended in the DASH diet in order to control blood pressure.

Keyword : Nutritional Status, Vegetables and Fruits Consumption, Hypertension
Bibliography : 44 (2015 – 2024)