

ABSTRAK

Latar Belakang: Hipertensi merupakan faktor risiko utama terjadinya penyakit jantung, stroke, gagal ginjal dan bahkan kematian. Pola makan dengan asupan vitamin A, C, dan omega 3 yang adekuat dapat mencegah terjadinya hipertensi.

Metode: Penelitian ini bersifat deskriptif dengan 100 subjek penelitian hipertensi yang dilaksanakan pada bulan Juli – September 2022. Penilaian asupan vitamin A, C, dan omega 3 dilakukan melalui *Semi-Quantitative Food Frequency Questuonnaire* dan diolah menggunakan *Nutrisurvey* dan SPSS.

Hasil: Subjek penelitian berusia >65 tahun (41,7%), jenis kelamin perempuan (66,7%), status pekerjaan ibu rumah tangga (50,8%), suku bangsa pada suku minang (37,5%), riwayat penyerta obesitas (51,7%), hipertensi derajat 1 (60%), status gizi obesitas 1 (33,3%). Asupan subjek didapatkan kalori lebih (46,7%), asupan vitamin A kurang (65%), vitamin C kurang (82,5%), dan omega 3 kurang (39,2%). Berdasarkan jenis kelamin didominasi perempuan dengan asupan vitamin A kurang (44,2%), vitamin C kurang (52,5%) dan omega 3 cukup (23,2%). Berdasarkan status gizi didominasi asupan vitamin A kurang (25%), vitamin C kurang (27,5%) dan omega 3 kurang (13,3%) pada obesitas 1. Subjek penelitian didominasi oleh usia >65 tahun dengan asupan vitamin A kurang (26,75%), vitamin C kurang (33,3%) dan omega 3 kurang (18,3%). Sedangkan berdasarkan derajat tekanan darah hipertensi derajat 1 asupan vitamin A kurang (36,7%), vitamin C kurang (53,3%), dan omega 3 kurang (22,5%)

Kesimpulan: Pada subjek penelitian, didapatkan asupan terbanyak adalah asupan vitamin A kurang, vitamin C kurang, dan omega 3 kurang.

Kata Kunci: Vitamin A, vitamin C, omega 3, hipertensi.

ABSTRACT

Background: Hypertension is a significant risk factor for heart disease, stroke, kidney failure, and even death. A diet with adequate intake of vitamins A, C, and omega 3 can prevent hypertension.

Method: This research is descriptive with 100 hypertensive respondents on July to September 2022. Vitamin A, C, and omega 3 intake were assessed using Semi-Quantitative Food Frequency Questionnaire and processed by Nutrisurvey and SPSS.

Results: Most characteristics are >65 years old (41,7,7%), female gender (66,7%), housewife employment status (50,8%), ethnic ethnicity of the Minang tribe (37,5%), medical history of obesity (51,7%), grade 1 hypertension (60%), nutritional status of obesity 1 (33,3%) . Most subjects' intake is high calorie (46,7%), less vitamin A (65%), less vitamin C (82,5%), and less omega 3 (39,2%). Based on gender, they were dominated by women with an intake of less vitamin A(44,2%), less vitamin C (52,5%), and adequate omega 3 (23,2%). Based on nutritional status, the intake of less vitamin A (25%), less vitamin C (27,5%), and less omega 3 (13,3%) in obesity 1. Based on most subjects are >65 with an intake of less vitamin A (26,75%), less vitamin C (33,3%), and less omega 3 (18,3%). Based on grade 1 hypertension with and intake of less vitamin A (36,7%), less vitamin C (53,3%), and adequate intake of omega 3 (22,5%)

Conclusion: In this research, the highest subjects intake was less vitamin A, less vitamin C, and less omega 3.

Keywords: vitamin A, vitamin C, omega 3, hypertension.