

ABSTRACT

THE CORRELATION NUTRITIONAL STATUS AND DIETARY INTAKE WITH BLOOD PRESSURE IN UPTD PELAYANAN SOSIAL LANJUT USIA TRESNA WERDHA SUBDISTRICT NATAR DISTRICT LAMPUNG SELATAN

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Elderly is age more than 60 years. One of non communicable disease in elderly which related with nutritional status is hypertension. According to Basic Health Survey (Rikesdes) 2007, 2010, and 2013 showed that there were increasing tends of obesity prevalence (IMT > 25) in elderly, from 21,3% to 22,8%. More over at Riskesdas 2013 woman with obesity is more (32,9%) than men with obesity (19,7%).

Purpose of this research to analyze correlative between nutritional status and dietary intake to blood presseure from elderly at UPTD Pelayanan Sosial Lanjut Usia Tresna Werdha Subdistrict Natar District Lampung Selatan.

Design of than research is *cross-sectional*. Population of this research consisted of 150 elderly. Mean while sampel is population which meet the inclusion criteria, consist of 81 elderly. Data of this research analyzed using rank Spearman analysis.

The result show that majority nutrient of elderly is normal 51,9%, Intake of natrium is sufficient 98,8%, Intake of fat is sufficient 50,8% systole blood pressure is normal 54,5% and diastole blood pressure is normal 71,7%. There is correlation between nutritional status and systole blood pressure of elderly with low correlation ($r = 0,259$, $p = 0,020$), no correlation between nutritional status and diastole blood pressure ($p = 0,257$). No correlation between intake of fat and systole blood pressure ($p = 0,305$) and no correlation between intake of fat and diastole pressure ($p = 0,245$). No correlation between intake of natrium to systole blood pressure ($p = 0,548$) and no correlation between intake of fat and diastole blood pressure to elderly ($p = 0,245$), from the research needs special attention to nutritional status is needed affect blood pressure.

Key words : dietary intake ,elderly, nutrietional status, blood.