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ASSOCIATED FACTORS OF HYPERTENSION IN INDONESIAN ELDERLY

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Objectives: Hypertension is a condition when the blood pressure in blood vessels is dramatically increasing. If it is left unchecked, it can interfere the function of other organs, particularly the vital organs such as heart and kidneys. Hypertension is one of major chronic diseases in elderly and continues to increase. The Result of Basic Health Research in 2018 indicated that hypertension prevalence reached 34.1% in Indonesia, a huge increase from 25.8% in 2013. High systolic blood pressure in elderly is a major risk factor for heart, stroke and kidney diseases. This study aims to determine the factors associated with hypertension among elderly in Indonesia.

Methods: The research method was secondary data from the published journals. There were 10 selected journals. The criteria in searching the journals were published journals in the past 6 years (from 2013 to 2019) and the sample was elderly in Indonesia.

Results: There are 11 factors associated with hypertension among elderly in Indonesia. These factors are age, fat intake, sodium intake, smoking habits, exercise behavior, stress, genetics, physical activity, anxiety, gender, and obesity.

Conclusions: Diet adherence is an important issue among hypertension patients. They should adhere to their hypertension diet to prevent further complications. Elderly with hypertension should conduct regular blood pressure control. It is recommended for health workers to provide promotion and counseling on hypertension frequently to the Community to prevent hypertension, mainly among elderly. Finally, health workers must also provide education on appropriate hypertension diet.

literature review of hypertension

LITERATURE REVIEW

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NO	TITLE	RESULT
1	Factors relating to the incident of hypertension in elderly in Klumpit Village mobile community health center of Gribig community health center, District Kudus (2013).	The purpose of this study was to determine the association between salt intake, consumption of fatty foods, smoking and exercise habits factors with the incidence of hypertension in the elderly in the Klumpit village mobile community health center of Gribig Community Health Center. The four habits factors associated with the incidence of hypertension observed in the elderly in the Klumpit village mobile community health center of Gribig Community Health Center, includes the salt intake habit (p-value(0.001) <0.05), the consumption of fatty habit (p-value (0.029) <0.05), smoking habit (p-value (0.003) <0.05) and exercise habit (p-value (0.014) <0.05).
2	Determinants of hypertension in elderly (2019)	Data were analyzed using the chi-square test. This study found that the determinants that correlated most strongly were age and smoking.
3	The relationship between exercise behavior, stress, and diet with the level of hypertension in the elderly Sukolilo sub-district, Surabaya (2013).	Testing with Chi-square test showed exercise behavior and stress have significant relationship with the occurrence of hypertension in the elderly, obtained p= 0.000 (p <0.05) for exercise behavior and p = 0.047 (p <0.05) for stress behavior.
4	Factors Related with Hypertension on The Elderly over 65 Years (2014).	Fisher test as an alternative test in factor heredity and obesity. The result showed there was relationship between heredity and hypertension with the p-value ≤ 0,05. There was no relationship between gender, obesity, smoking, stress, sport, and hypertension with p-value >0,05.
5	The relationship between physical activities and hypertension (2017).	Chi Square was used to find the relationship between physical activity and sistole hypertension, p =0.000 (p< 0.05). Corelation coefficient between physical activities and diastole hypertension p = 0.002 (p = <0.05).
6	The correlation between food consumption with the incidence of hypertension in Ranomuut Health Center Manado City (2016).	Analysis using the Fisher Exact Test and showed there is relationship with the consumption of salty foods and incidence of hypertension (p=0,000) while the consumption of fatty foods (p=0,464) and the consumption of sweet foods (0,728) there was no association with the incidence of hypertension.
7	Relationship Between Stress Level And Anxiety With Hypertension Incidence To Elderly On Islamic Center Clinic Samarinda (2017).	This research result showed there was relationship between stress level and anxiety with hypertension incidence which get significant result score p-value p=0,000 < 0,05, that there was significant relationship between stress and anxiety level with heavy hypertension incidence to respondents elderly.
8	The relationship of sport behavior to disease of hypertension in the Elderly in Sidomulyo Soweto Clinics (2019).	The results of the research study show that there is a relationship of sports behavior to disease of hypertension in elderly in Sidomulyo Soweto Clinics. (P-value 0.004), so that the behavior of the sport can continue to be used as special nursing interventions and community nursing.
9	Factors affecting hypertension among elderly in working area of Rumbai Pesisir community health center (2018)	the results of the study find that gender (p=0.003), obesity (p=0.009) and smoking habits (p=0.001) are associated with hypertension
10	The correlation of lifestyle and dietary habit with hypertension in the elderly (2015).	The results of the bivariate analysis showed there is a correlation between physical activity (p=0.024), grease intake (p=0,008), and sodium intake (p=0.001) with hypertension.