

**THE RELATIONSHIP OF BODY MASS INDEX (BMI) AND EATING
PATTERN WITH BLOOD PRESSURE IN HYPERTENSION PATIENTS AT
GROGOL HEALTH CENTER**

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ABSTRACT

Background: Hypertension is major preventable risk factor for cardiovascular disease. WHO states that hypertension sufferers in world have reached 1.3 billion individuals and by 2025 the number of sufferers will increase to 1.5 billion individuals with deaths reaching 9.4 million individuals. Large number of sufferers can be caused by obesity and diet. **Objective:** To determine relationship between Body Mass Index and eating patterns with blood pressure in hypertension sufferers at Grogol Health Center. **Method:** This research uses nonexperimental quantitative approach. Population this study was 3,763 hypertensive sufferers, then sample 97 respondents was obtained, sampling technique used accidental sampling method. Data were collected using an instrument in form questionnaire containing eating patterns. **Results:** Bivariate analysis Spearman rank test showed there was relationship between BMI and blood pressure in hypertension sufferers at Grogol Health Center and there was relationship between diet and blood pressure in hypertension sufferers at Grogol Health Center. Analysis ordinal regression analysis test results showed that there was relationship between Body Mass Index and diet and blood pressure in hypertensive sufferers. **Conclusion:** Body Mass Index and diet related to blood pressure with moderate level relationship due to many other factors influence blood pressure such as lifestyle and physical activity.

Keywords: Hypertension, Body Mass Index, Diet