

HUBUNGAN KUALITAS DIET DASH (*DIETARY APPROACHES TO STOP HYPERTENSION*) DAN KEBERAGAMAN PANGAN TERHADAP KEJADIAN HIPERTENSI PADA PESERTA POSBINDU DI SEYEGAN SLEMAN

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INTISARI

Latar belakang: Hipertensi merupakan penyakit tidak menular utama dengan prevalensi tinggi secara global maupun nasional serta berkontribusi besar terhadap kematian akibat penyakit jantung dan stroke. Di Indonesia dan Provinsi Daerah Istimewa Yogyakarta, hipertensi menjadi masalah kesehatan yang serius dengan prevalensi yang tinggi (31,8%), termasuk di Kabupaten Sleman dan Kecamatan Seyegan yang menunjukkan peningkatan kasus setiap tahun sehingga menjadi masalah kesehatan yang serius. Perbaikan kualitas diet, termasuk pola makan DASH dan keberagaman pangan, penting sebagai upaya pencegahan, meskipun hasil penelitian sebelumnya masih menunjukkan temuan yang beragam. **Tujuan:** Mengetahui hubungan kualitas diet DASH dan keberagaman pangan terhadap kejadian hipertensi pada peserta Posbindu di Kecamatan Seyegan Sleman. **Metode:** Penelitian ini menggunakan desain *cross sectional* dengan teknik pengambilan sampel *purposive sampling*. Responden adalah peserta Posbindu di Kecamatan Seyegan sebanyak 211 orang berusia ≥ 18 tahun. Data asupan makan dikumpulkan menggunakan kuesioner SQ-FFQ, tekanan darah diukur menggunakan sphygmomanometer digital sebanyak dua kali dengan interval 1 menit, skor kualitas diet DASH dihitung menggunakan indeks DASH Fung, dan keberagaman pangan diukur menggunakan *Food Variety Score*. Data diolah dengan uji *Chi-Square*. **Hasil:** Hasil uji statistik kualitas diet DASH menunjukkan nilai $p = 0,881$ ($>0,05$). Analisis lanjutan menunjukkan kelompok kualitas diet DASH rendah memiliki OR 0,955 (95% CI 0,467-2,122) dan kelompok sedang memiliki OR 0,866 (95% CI 0,406-1,846) dibandingkan kelompok tinggi. Sementara, hasil uji statistik menunjukkan adanya hubungan bermakna antara keberagaman pangan dan kejadian hipertensi ($p = 0,016$), (OR 1,957; 95% CI 1,131-3,383). **Kesimpulan:** Tidak terdapat hubungan yang bermakna antara kualitas diet DASH dengan kejadian hipertensi pada responden penelitian. Sebaliknya, keberagaman pangan memiliki hubungan yang bermakna dengan kejadian hipertensi pada populasi ini.

Kata kunci: hipertensi; kualitas diet; pola makan DASH Fung; keberagaman pangan; posbindu

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ASSOCIATION BETWEEN DASH (DIETARY APPROACHES TO STOP HYPERTENSION) DIET QUALITY AND DIETARY DIVERSITY WITH INCIDENCE OF HYPERTENSION AMONG POSBINDU PARTICIPANTS IN SEYEGAN SLEMAN

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ABSTRACT

Background: Hypertension is a major non-communicable disease with high prevalence globally and nationally and contributes significantly to mortality due to heart disease and stroke. In Indonesia and the Special Region of Yogyakarta, hypertension is a serious public health problem with a high prevalence (31.8%), including in Sleman Regency and Seyegan Subdistrict, where cases continue to increase each year. Improving diet quality, including adherence to the DASH diet and dietary diversity, is important for prevention, although previous studies have shown inconsistent findings. **Objective:** To determine the association between DASH diet quality and dietary diversity with the incidence of hypertension among Posbindu participants in Seyegan Subdistrict, Sleman. **Methods:** This study used a cross-sectional design with purposive sampling. The respondents were 211 Posbindu participants aged ≥ 18 years in Seyegan Subdistrict. Dietary intake data were collected using the SQ-FFQ questionnaire. Blood pressure was measured using a digital sphygmomanometer twice with a 1-minute interval. DASH diet quality was assessed using the Fung DASH index, and dietary diversity was measured using a Food Variety Score. Data were analyzed using the Chi-square test. **Results:** The statistical test showed no significant association between DASH diet quality and hypertension ($p = 0,881$). Further analysis indicated that the low DASH diet quality group had an OR of 0,955 (95% CI 0,467-2,122), and the moderate group had an OR of 0.866 (95% CI 0,406-1,846) compared with the high group. Meanwhile, dietary diversity was significantly associated with hypertension ($p = 0,016$), with an OR of 1,957 (95% CI 1,131-3,383). **Conclusion:** There was no significant association between DASH diet quality and hypertension among the respondents. In contrast, dietary diversity was significantly associated with hypertension in this population.

Keywords: hypertension; diet quality; DASH diet (Fung index); dietary diversity; posbindu

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