

## ABSTRACT

**SHINDA AYU AMELYA FLORENSIA, 2018.** *Study of Knowledge Level and Diet Pattern of Hypertension Patients Outpatient in Cisadea Health Center Malang City.* Scientific Writing, Diploma III Study Program in Nutrition Department, Health Polytechnic Malang Ministry of Health, Advisor: **Endang Widajati**

From several studies it was reported that diseases that can cause an opportunity are 7 times more likely to have a stroke, 6 times more likely to develop congestive heart failure, and 3 times more likely to have a heart attack is uncontrolled hypertension. Data from the Health Office of the City of Malang 2016 from 77,391 people who carried out blood pressure measurements in health services, obtained 34.41% or 26,627 people categorized in hypertension / high blood pressure. Of these, the majority were women who reached 22,774 people, while men reached 3,853 people. Hypertension can be caused by a variety of factors which are divided into 2 factors: factors that can be changed and factors that cannot be changed, including factors that can be changed are knowledge, diet, smoking, alcoholic beverages and obesity, and irreversible factors including age and gender. The purpose of the study was to examine the level of knowledge and diet in patients with hypertension outpatient at Cisadea Health Center Malang City. This type of research is observational with descriptive design research. Characteristics of hypertensive patients are as much as 80% in the age range 56-65 years, most of them are female, that is as much as 70%, and most have a level of education elementary-junior high school that is as much as 60%. The level of knowledge in patients with hypertension mostly has a lack of knowledge, as many as 18 people have a lack of knowledge. From the questionnaires that have been given, there are many more errors in the questions related to signs of suffering from hypertension, treatment of hypertension, limits on consumption of meat and fish in a day, high sodium foods and limits on the use of kitchen salt. The tendency of hypertensive patients is that most (86.7%) have a low level of education, with the majority (60%) having a low level of knowledge and most (33.3%) having a rare diet. The conclusion of this study is that most (60%) knowledge level of outpatients with hypertension in Cisadea Public Health Center is lacking, and when viewed from the diet of hypertensive patients that not all hypertensive participants who have less knowledge also have a diet that often consumes high food sodium, but also found hypertensive participants who have a sufficient level of knowledge but their eating patterns often consume. Suggestions from the research are expected that the implementation of nutritional counseling is emphasized more on the provision of hypertension related materials, especially for patients with hypertension.

**Key Words:** *Hypertension, Level of Knowledge, Diet*