SODIUM CONSUMPTION AND OBESITY AS RISK FACTORS OF HYPERTENSION AMONG COASTAL COMMUNITIES IN NORTH MINAHASA, NORTH SULAWESI

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ABSTRACT

Background: High sodium consumption is the major cause of raised blood pressure and leads to cardiovascular disease. High sodium consumption is also associated with an increased risk of obesity through sugar-sweetened beverage consumption. Obesity also can cause serious health issues including hypertension. This study aimed to determine sodium consumption and obesity as risk factors of hypertension among coastal communities in North Minahasa, North Sulawesi.

Subjects and Method: This was a cross-sectional study conducted at Marinsow and Wori, North Sulawesi. A sampel of 108 study subjects who lived in coastal communities were selected by non-probability sampling. The dependent variable was hypertension. The independent variables were natrium consumption and obesity. Data on hypertension was measured by sphygmomanometer. Obesity was measured anthropometry. Other data were collected by a set of questionnaire. Bivariate analysis was performed by chi square.

Results: The risk of hypertension increased with high natrium consumption and obesity ($p < 0.05$).

Conclusion: The risk of hypertension increases with high natrium consumption and obesity.

Keywords: hypertension, natrium consumption, obesity, coastal communities

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