**EDUCATION ON DASH DIET PATTERNS FOR FAMILIES WITH HYPERTENSION IN THE WORKING AREA OR THE**

**SIMPANG IV SIPIN PUBLIC HEALTH**

**CENTER JAMBI CITY**

NURSING D-III STUDY PROGRAM

INSTITUTE OF HEALTH SCIENCE GARUDA PUTIH

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ABSTRACT

**Background:** Hypertension is a continuous increase in blood pressure over a long period of time where systolic blood pressure ≥ 140 mm Hg and diastolic blood pressure ≥ 90 mm Hg. In 2020 in South East Asia there are about 1.56 billion adults living with hypertension, while in Southeast Asia hypertension affects 36%. The cause of hypertension is one of them from food factors that are high in sodium, therefore to overcome a lot of sodium in the body it is necessary to educate the DASH diet in families who lack knowledge.

**Purpose:** To determine the level of knowledge of families of Hypertension patients about the DASH Diet in the Simpang IV Sipin Health Center Working Area.

**Method:** This study used a descriptive method with a research sample of 2 patients suffering from hypertension. Measurements using measuring instruments pre-test and post-test questionnaire sheets provide education about the DASH diet to the patient's family and use leaflet media.

**Result:** The results showed that the knowledge value of the two families of patients before being given DASH Diet education on the first day Mr. A scored 30 and Mrs. Y scored 40 in the poor category. Mr. A scored 30 and Mrs. Y scored 40 in the poor category. After being given education for 3 days, Mr. A and Mrs. Y's knowledge increased. A and Mrs. Y's knowledge has increased, Mr. A scored 80 and Mrs. Y scored 40 in the poor category. A got a score of 80 and Mrs. Y got a score of 90, this shows that Mr. A and Mrs. Y's knowledge is in the same category. A and Mrs. Y are both in the good category.

**Conclusion:** Providing DASH Diet education to families suffering from hypertension is very helpful to increase knowledge in managing hypertension.

**Keywords:** *Health education, Dash diet, Hypertension*

**References:** *9 Books (2010-2021), 5 Journals (2020-2022)*