

## Relationship of functional food intake on the prevalence of high blood pressure and nutritional status among Filipinos in selected communities

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The study was accomplished to shed light on the possible correlation between the different functional food available in the Philippines to blood pressure and nutritional status given the increasing popularity of functional food in the country and high prevalence of hypertension. It was anchored in the concept of increased functional food intake decreases the risk of hypertension. There were three vital parts of research procedure which include getting the sociodemographic data of the participants, anthropometric assessment, blood pressure reading and answering of food frequency questionnaire. Overall, there were 162 participants, 30-49 years old, male or female from urban and rural communities. Simple linear regression was used to interpret data collected. Results showed that mean systolic BP and diastolic BP in rural communities, despite lower mean Body Mass Index (BMI) were higher compared to urban communities. This may be due to the mean Waist-Hip Ratio (WHR) in rural areas being higher than in urban. Interestingly, no statistical difference was seen in the mean SBP, DBP and WHR in both communities. Sub-analysis of data gathered showed that urban communities have significantly higher consumption of functional food compared to rural communities. Significant direct correlation between beverage and DBP, vegetables and SBP, food under others and BMI and root crops and SBP were also seen. In conclusion, there was a significant direct correlation between functional food intake and blood pressure. The study also showed that there was a significant direct correlation between functional food intake and WHR but direct correlation with BMI was insignificant.

### Biography

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