



**JOURNAL OF
NONCOMMUNICABLE
DISEASES
PREVENTION AND CONTROL**

HYPERTENSION PREVENTION AND CONTROL
RESEARCH CENTER
THE POLYTECHNIC OF HEALTH OF BANTEN

VOLUME 1
ISSUE 2
OCTOBER 2023



HYPERTENSION PREVENTION AND CONTROL
RESEARCH CENTER
POLTEKKES KEMENKES BANTEN

ISSN 2987-1549



JOURNAL OF NONCOMMUNICABLE DISEASES PREVENTION AND CONTROL

VOLUME 1 ISSUE 2, OCTOBER 2023

DEWAN REDAKSI

EDITOR-IN-CHIEF

AHMAD YANI

HYPERTENSION PREVENTION AND CONTROL RESEARCH CENTER

PEER REVIEWERS

IRMANIDA BATUBARA

DEPARTMENT OF CHEMISTRY & TROPICAL BIOPHARMACA RESEARCH CENTER – IPB UNIVERSITY, INDONESIA

ANGGRAINI DWI KURNIA

DEPARTMENT OF COMMUNITY HEALTH NURSING – UNIVERSITAS MUHAMMADIYAH MALANG, INDONESIA

SULISTYOWATI TUMINAH DARJOKO

ORGANIZATION FOR HEALTH RESEARCH – NATIONAL AGENCY FOR RESEARCH AND INNOVATION, INDONESIA

PURBIANTO

DEPARTMENT OF NURSING & HYPERTENSION PREVENTION AND CONTROL RESEARCH CENTER
THE POLYTECHNIC OF HEALTH OF BANTEN

EDITORIAL BOARD

VENNY PATRICIA

HYPERTENSION PREVENTION AND CONTROL RESEARCH CENTER

SITI RUSYANTI

HYPERTENSION PREVENTION AND CONTROL RESEARCH CENTER

NURMEILY RACHMAWATI

HYPERTENSION PREVENTION AND CONTROL RESEARCH CENTER

MARLIN BRIGITA

HYPERTENSION PREVENTION AND CONTROL RESEARCH CENTER

Published by:

Hypertension Prevention and Control Research Center
The Polytechnic of Health of Banten

Jl. Syekh Nawawi Al Bantani No.12, Banjaragung, Cipocok Jaya, Serang, Banten 42121, Indonesia

Email: jondpac@poltekkesbanten.ac.id

Website: <https://jurnal.poltekkesbanten.ac.id/jondpac>

Journal of Noncommunicable Diseases Prevention and Control
Creative Commons License

This work is licensed under a Creative Commons Attribution 4.0 (CC-BY)
International License.



JOURNAL OF NONCOMMUNICABLE DISEASES PREVENTION AND CONTROL

VOLUME 1 ISSUE 2, OCTOBER 2023

TABLE OF CONTENT

- | | | |
|---|--|-------|
| 1 | <u>Potential of Analog Meatballs Made from Tempeh and Seaweed as An Alternative Food for Hypertension Patients</u>
Firdaus Syafii, Hasmar Fajriana, Ahmad Yani, Venny Patricia | 32-39 |
| 2 | <u>The Effect of Stretching Exercise as Complimentary Therapy on Blood Pressure in Patients with Hypertension in the Cibodasari Health Center Tangerang</u>
Sarah Raudhatul Aulia, Ani Fadmawaty, Lindawati Lindawati | 40-45 |
| 3 | <u>The Relationship of Obesity and Central Obesity with the Incidence of Hypertension in the Binanga Health Center District of Mamuju</u>
Hasmar Fajriana, Firdaus Syafii | 46-51 |
| 4 | <u>The Effect of Slow Deep Breathing and Progressive Muscle Relaxation on Blood Pressure in Hypertensive Patients in Kedaung Wetan Health Center Tangerang</u>
Marlin Brigita L., Ratu Shiba Arofah, Toto Subiakto | 52-56 |
| 5 | <u>Serum Creatinine and Cystatin-C Levels in Patients Diagnosed with Kidney Disorders</u>
Nurmeily Rachmawati, Yuliani Yuliani, Citra Trisna, Syarah Anliza, Ahmad Yani | 57-61 |