



ABSTRACT

ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH
DEPARTEMENT OF NUTRITION
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DARWATI PUILI

THE RELATIONSHIP BETWEEN OF ENERGY INTAKE, MACRONUTRIENTS INTAKE, CONSUMPTION OF GLYCEMIC INDEX AND NUTRITIONAL STATUS WITH FASTING BLOOD SUGAR LEVELS IN PATIENTS WITH DIABETES MELLITUS KEBAYORAN LAMA COMMUNITY HEALTH CENTRE

vi, VI Chapters, 66 Pages, 11 Tables, 2 Figures, 6 Attachments

Background: The prevalence of diabetes mellitus (DM) type 2 was increases epidemiologically worldwide. DM can be affected by several factors such as poor diet, physical inactivity and obesity.

Objective: To examine the relationship between of energy intake, macronutrients intake, consumption of glycemic index and nutritional status with fasting blood sugar levels in patients with diabetes mellitus kebayoran lama community health centre.

Methods: This type of research used a quantitative research and the design was based cross sectional of DM patients totalling 30 respondents. Analysis of data was carried out using pearson correlation.

Results: Based on data showed that the age almost respondents between 50-64s (73.3%) and almost the sex are women (83.3%) with low educational (53.3%). The average intake energy 1183 kkal, protein 57 gram, fat 44 gram, carbohydrate 139 gram, dietary fiber 7 gram, glycemic index 58. The average of WC are 90 cm, WHR 0.9 and BMI are 27.4 kg/m². The results confirmed that there is no relationship of energy intake, macronutrients intake, consumption of glycemic index, WC, WHP with fasting blood sugar levels ($p \geq 0.05$) and there is a relationship of BMI with fasting blood sugar levels in patients with diabetes mellitus kebayoran lama community health centre ($p < 0.05$).

Conclusions: There is no relationship of energy intake, macronutrients intake, consumption of glycemic index, WC, WHP with fasting blood sugar levels and there is a relationship of BMI with fasting blood sugar levels in patients with diabetes mellitus kebayoran lama community health centre.

Keywords: *energy, glycemic index, diabetes militus.*

References: 71 (1991-2017)