

ABSTRACT

RELATIONSHIP OF DENSITY ENERGY CONSUMPTION, NUTRITIONAL STATUS, SELF-MANAGEMENT WITH FASTING BLOOD GLUCOSE LEVELS PATIENTS DIABETES MELITUS TYPE 2 IN PUSKESMAS JAKARTA BARAT

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Background: Diabetes mellitus (DM) is a chronic disease that occurs because the pancreas does not produce enough insulin. Factors that influence the occurrence of diabetes mellitus include genetic factors, environmental factors (lifestyle), a history of diabetes in the family, age factors, obesity, lack of physical activity, and excessive food intake.

Objective: This study aims to determine the relationship between consumption energy density, nutritional status, and self management with fasting blood glucose levels of type 2 diabetes mellitus patients in West Jakarta Puskesmas.

Method: The design of this study was observational with a cross sectional design (cross section). The population of this study were all non-communicable poly outpatient patients with a large sample of 238 people suffering from type 2 diabetes mellitus in West Jakarta Puskesmas. Processing and analysis of data using the Spearman correlation test to see consumption energy density, nutritional status, and self management with fasting blood glucose levels of type 2 diabetes mellitus patients in West Jakarta Puskesmas.

Results: There was no correlation between body mass index and fasting blood sugar levels with p -value = 0.975, $r = -0.002$, ($p > 0.05$), there was no relationship between percent body fat and fasting blood sugar levels, p -value = 0.243, $r = 0.076$, ($p > 0.05$), there is a relationship between self-management and fasting blood sugar levels, with a p -value = 0.001, $r = -0.220$, ($p \leq 0.05$), there is no relationship between consumption energy density and fasting blood sugar levels, with p -value = 0.260, $r = -0.073$ ($p > 0.05$).

Conclusion: There is a relationship between self-management and fasting blood sugar levels in patients with type 2 diabetes mellitus in West Jakarta Puskesmas

Keywords: Energy Consumption Density, Nutritional Status, Self Management, Fasting Blood Glucose Levels