

ABSTRACT

Name : Khoirunnisak
Study Program : Public Health
Title : Risk Factors of Diabetes Mellitus Type 2 on Outpatient Care in
RS AN-NISA Tangerang 2018

Diabetes Mellitus (DM) is a chronic disease which is still being the main problem of health world in Indonesia. Based on prevalency in 2017, DM type 2 event at RS AN-NISA Tangerang was 57,6%. WHO data shows approximately 415 billion people have diabetes. Prevalency of DM at least in Asia shows 153,2%. Based on Riskeddas data in 2013 for Indonesia, prevalency shows 6,9%. The percentage of death caused by diabetes in Indonesia was the second highest after Srilanka. This research's purpose is to know the risk factors of Diabetes Mellitus Type 2 on Outpatient Care in RS AN-NISA Tangerang 2018. This research used a cross sectional approach. Amount of sample were 84 respondents whose taken by purposive sampling technique. The result of statistic test shows that there was a relation between obesity, hypertension, and family health history by diabetes mellitus type 2 event. There was no relation between age, gender, and physical activity with diabetes mellitus type 2 event. Suggested for obese people to do the right diet by counting the amount of calories that body needs. For hypertension patient, it is good for them to keep the eating habit by consuming healthy foods and reducing salt consumption. This applied also for patient who has a family health history and diabetes mellitus, that is best for them to do sugar level screening, healthy lifestyle and doing routine exercise.

Keyword : Diabetes Mellitus Type 2, age, gender, obesity, hypertension, family health history, physical activity

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