ABSTRACT

Title : Relationship of Nutritional Status, Knowledge, Compliance Diet, Nutrition Substance Consumption Macro, Fiber and HbA1c levels at Siloam Hospitals Lippo Village
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Diabetes has become a global health problem and according to IDF estimates in 2017, more than 425 million people worldwide suffered DM (IDF, 2017). Diabetes mellitus well controlled when blood glucose levels, lipid levels and HbA1c reach expected levels, as well as nutritional status and blood pressure in accordance with the specified target (Perkeni, 2015). The purpose of this research is to know the relationship of nutritional status, knowledge, kepatuan diet, consumption of macro-nutrients, fibre and nutritional status with HbA1c levels in patients of Diabetes mellitus type II in Siloam Hospitals Lippo Village.This study is a quantitative research with cross-sectional study design in which the independent variables and the dependent variable is taken at the same time and directly. The data used are primary data and secondary data. To determine the relationship between the dependent and independent variables using Spearman Correlation test. The results showed there was no significant relationship between nutritional status and HbA1c levels (r = 0.018; p = 0.882), There was a significant relationship between knowledge and HbA1c levels (r = -0.651; p = 0.000), There was a significant relationship between diet and levels of compliance HbA1c (r = -0.696; p = 0.000), There was a significant association between carbohydrate consumption and HbA1c levels (r = 0.768; p = 0.000). There is no significant relationship between the protein and HbA1c levels (r = 0.213; p = 0.77). There is a significant relationship between fat consumption and HbA1c levels (r = 0.494; p = 0.000). There was a significant association between fiber intake and HbA1c (r -0.475; p = 0.000)

Keywords: Diabetes mellitus, HbA1c levels, nutritional status, knowledge, compliance, consumption of macro-nutrients