

ABSTRACT



ESA UNGGUL OF UNIVERSITY
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**THE RELATIONSHIP OF PHYSICAL ACTIVITY, BODY MASS INDEX
AND ALCOHOLIC BEVERAGE WITH INCIDENCE OF DIABETES
MELLITUS IN ELDERLY ON ISLAND OF JAVA
(SECONDARY DATA ANALYSIS RISKESDAS 2007)**

xii, VI Chapters, 112 Pages, 12 Tables

Background : Diabetes mellitus can occur in all age groups including the elderly. Diabetes mellitus is a disease characterized by blood glucose levels that exceed normal ≥ 200 mg / dL. The prevalence of diabetes mellitus in Java 3.2%.

Objective : To determine the relationship of age, sex, physical activity, body mass index, and alcoholic beverage with incidence of diabetes mellitus in elderly on island of Java.

Methods : Data used secondary data RISKESDAS 2007, with a cross-sectional approach. The total number of samples studied ($n = 788$). Statistical test using Chi Square.

Results : A total of 33.9% is included in the category of less physical activity, 51.6% were consuming alcoholic beverage, and 3.2% were diagnosed with diabetes mellitus. Body mass index is the most obese (88.2%). Based on the results of statistical tests are used, there is a significant relationship between physical activity ($p < 0.05$) with incidence of diabetes mellitus in the elderly, there is no significant relationship between age, gender, body mass index, and alcoholic beverage ($p \geq 0.05$) with incidence of diabetes mellitus in the elderly.

Conclusion : Necessary intervention efforts through nutrition education and healthy lifestyle to prevent the onset of diabetes mellitus.

Keywords : Physical Activity, Body Mass Index, Diabetes Mellitus
References : 70 (1994-2013)