



## ABSTRACT

**ESA UNGGUL UNIVERSITY  
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**Association of Alcohol Consumption and Obesity with Diabetes Mellitus  
Incident aged 45-64 years on Celebes Island (ANALYZE RISKESDAS 2007)**

**Xv, VI Bab, 129 Pages, 14 Tables, 2 Pictures**

**Background:** The degenerative disease is the main cause of global death, one of them is diabetes mellitus. Diabetes mellitus occurs in older adults. Lifestyle factors those cause diabetes mellitus are lack of physical activity, bad nutrition intake, stress, and urbanization.

**Objective:** To analyze the association of alcohol consumption and obesity with diabetes mellitus incident, aged 45–64 years old on Celebes Island.

**Methods:** Respondents in this research totalled 18,738 people aged 45–64 years old on Celebes Island. The variables are gender, educational level, employment status, alcohol consumption and obesity. The statistical test used was chi-square, then multivariate was tested using logistic regression with computerized system (CI 95%).

**Results:** The results of chi-square (CI 95%) indicates that the variables that affect the incidence of diabetes mellitus is the educational level ( $p = 0.000$ ), alcohol consumption ( $p = 0.016$ ) and obesity ( $p = 0.000$ ). Other variables such as gender ( $p = 0.306$ ) and employment status ( $p = 0.169$ ) are not related to the incident of diabetes mellitus. Logistic regression of multivariate analysis showed a highly influential variables on the incident of diabetes mellitus with  $p < 0.25$ . Results of multivariate analysis are educational level ( $p = 0.000$ ), employment status ( $p = 0.367$ ), alcohol consumption ( $p = 0.013$ ) and obesity ( $p = 0.000$ ).

**Conclusion:** Low levels of education, high alcohol consumption and obesity strongly affect the incident of diabetes mellitus in the elderly.

*Keywords:* Alcohol Consumption, Obesity, Diabetes Mellitus, Older Adults.