

ABSTRACT

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ASSOCIATION BETWEEN BODY MASS INDEX (BMI) AND PHYSICAL ACTIVITY WITH DIABETES MELLITUS IN WOMEN AGE \geq 45 YEARS IN PROVINCE OF NORTH MALUKU, RIAU AND BANGKA BELITUNG (Analysis Riskesdas 2007)

xvi, VI BAB, 168 pages, 22 Table.

Background: Riskesdas 2007 shows that 1.1% of adult in Indonesia have diabetes mellitus. The highest prevalence by province is North Maluku 11.1%, Riau 10.4% and Bangka Belitung 8.6%. Some studies have found that BMI, physical activity, level of education, type of area and economic status associated with diabetes mellitus.

Objective: This study examined the association between BMI, and physical activity with diabetes mellitus in Province of North Maluku, Riau and Bangka Belitung

Design: This was a cross sectional study that using secondary data from Riskesdas 2007. The sample size consisted 4174 women aged \geq 45 years. Data analysis was performed using chi-square test and logistic regression.

Result: The proportion of elderly who had diabetes mellitus was 3,9%. Among diabetes mellitus, 69,9% respondent were aged 45-59 years, 5,3% respondent lived in urban areas, 5,3% respondent in level of higher education 4,2% respondent has high economic status, 5,3% respondent were obesity, 5,0% respondent did less physical activity. Multivariate analysis using logistic regression showed that BMI ($p=0.006$; *OR adjusted 1.570*; *95% CI: 1.138-2.165*) and physical activity ($p=0.032$; *OR adjusted 1.464*; *95% CI: 1.033-2.076*) had significant influence with diabetes mellitus. Whereas type of area, level of education and economic status has not significant correlation with diabetes mellitus.

Conclusion: This study suggests the intervention of diabetes mellitus focusing on food and lifestyle education.

Keyword : BMI, physical activity, level of education, type of area and economic status, diabetes mellitus.

References : 118 (1998 – 2014)