

DESCRIPTION OF NUTRITION STATUS AND DIETARY COMPLIANCE TO BLOOD SUGAR LEVEL OF PATIENTS PROLANIS DIABETES MELLITUS IN PUSKESMAS MLATI II

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ABSTRACT

Background: Diabetes Mellitus (DM) is a disease where high levels of glucose in the body can not excrete or use insulin adequately. Based on the results of Basic Health Research (RISKESDAS) in 2013 The list of the highest rates of DM occur in DI Yogyakarta is 2.6%. One of the pillars of DM management is medical or dietary nutrition with attention to guidance 3 J (amount of food, food type and meal schedule). DM patients should follow a recommended diet of 3J to maintain blood sugar levels.

Objective: to know the nutritional status and adherence of diet to blood sugar level of Prolanis DM patient at Puskesmas Mlati II. **Method:** The type of research used was observational research with cross sectional study design. Sampling was conducted using Accidental Sampling technique, Prolanis patient who came to check blood glucose routine in May 2018. The description of the diet obtained through interview using 24 Hour Recall form and Semi Quantitative FFQ form then analyzed using computer software NutriSurvey 2008. **Results:** As many as 4% respondents freedom of intake, as much as 44% of respondents for food and 28% of respondents to the meal schedule. **Conclusion:** Most (48%) of respondents have normal nutritional status. No respondents were obedient 3J diet. Most respondents had a controlled fasting blood glucose level (60%) and controlled blood sugar 2 hours post pandrial (40%).

Keywords: Nutrition Status, Diabetes Mellitus, 3J Diet Compliance, Blood Sugar Level

**GAMBARAN STATUS GIZI DAN KEPATUHAN DIET TERHADAP KADAR
GULA DARAH PASIEN PROLANIS DIABETES MELLITUS DI
PUSKESMAS MLATI II**

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ABSTRAK

Latar belakang: Diabetes Mellitus (DM) adalah suatu penyakit dimana kadar glukosa di dalam darah tinggi karena tubuh tidak dapat melepaskan atau menggunakan insulin secara cukup. Berdasarkan hasil Riset Kesehatan Dasar (RISKESDAS) tahun 2013 diketahui bahwa angka kejadian DM tertinggi terdapat di DI Yogyakarta yaitu sebesar 2,6%. Salah satu pilar penatalaksanaan DM yaitu terapi gizi medis atau diet dengan memperhatikan pedoman 3 J (jumlah makanan, jenis makanan dan jadwal makan). Pasien DM harus mengikuti anjuran diet 3J untuk menjaga kadar gula darah. **Tujuan:** mengetahui gambaran status gizi dan kepatuhan diet terhadap kadar gula darah pasien Prolanis DM di Puskesmas Mlati II. **Metode:** Jenis penelitian yang digunakan adalah penelitian observasional dengan desain penelitian *cross sectional*. Pengambilan sampel dilakukan dengan menggunakan teknik *Accidental Sampling*, yaitu pasien Prolanis yang datang pada pemeriksaan rutin bulan Mei 2018. Gambaran kepatuhan diet diperoleh melalui wawancara menggunakan form *Recall 24 Jam* dan form *FFQ Semi Kuantitatif* lalu dianalisis menggunakan software komputer NutriSurvey 2008. **Hasil:** Sebanyak 48% responden berstatus gizi normal, 4% responden mematuhi jumlah asupan, sebanyak 44% responden mematuhi jenis bahan makanan dan 28% responden mematuhi jadwal makan. **Kesimpulan:** Sebagian besar (48%) responden mempunyai status gizi normal. Tidak ada responden yang mematuhi diet 3J. Sebagian besar responden memiliki kadar GDP terkendali (60%) dan GD2JPP terkendali (40%).

Kata kunci: Status Gizi, Diabetes Mellitus, Kepatuhan Diet 3J, Kadar Gula Darah