

GAMBARAN ASUPAN MAKANAN, LINGKAR PERUT, STATUS GIZI, DAN KADAR GLUKOSA DARAH PENDERITA DIABETES MELITUS TIPE II DI PUSKESMAS BANYU URIP SURABAYA

ABSTRAK

Pendahuluan IDF (2022) menyatakan bahwa diabetes adalah penyakit kronis yang disebabkan oleh ketidakmampuan tubuh untuk menggunakan insulin atau kegagalan pankreas untuk memproduksinya. Hiperglikemia, atau gula darah tinggi, adalah akibat dari produksi insulin yang tidak efektif oleh tubuh. Kadar gula darah yang tinggi dari waktu ke waktu dapat membahayakan tubuh dan menyebabkan kegagalan beberapa organ dan jaringan. **Tujuan** Mengidentifikasi gambaran asupan makanan, lingkaran perut, status gizi, dan kadar glukosa darah penderita diabetes mellitus di Puskesmas Banyu Urip Surabaya **Metode Penelitian** Jenis penelitian yang digunakan adalah penelitian deskriptif. Sebanyak 62 responden penderita diabetes mellitus tipe 2 di Puskesmas Banyu Urip Surabaya. Teknik Pengumpulan data yang digunakan adalah dengan *simple random sampling* dengan melakukan wawancara pada responden. **Hasil Penelitian** Penderita diabetes mellitus tipe 2 di Puskesmas Banyu Urip Surabaya mayoritas perempuan (80,6%) dengan usia 55-64 tahun (45,2%). Asupan energi mereka tergolong baik (79%), tetapi 93,5% memiliki risiko perut buncit. Status gizinya menunjukkan 43,5% normal dan gemuk berat. **Kesimpulan** Sebagian besar pasien di Puskesmas Banyu Urip Surabaya yang menderita diabetes tipe 2 adalah perempuan berusia 55 hingga 64 tahun. Mereka menggunakan banyak energi, tetapi berisiko mengalami perut buncit. Pola makan mereka menunjukkan bahwa mereka cukup gemuk. Kadar glukosa darah mereka semua lebih dari 200 mg/dl. **Saran** Diharapkan penderita diabetes mellitus menjaga pola makan, menjaga diet ketat, dan rutin memeriksa gula darah. Diharapkan petugas medis memberikan intervensi terkait berupa edukasi dan promosi untuk mencegah diabetes mellitus

Kata Kunci : Diabetes, Asupan Makan, Lingkaran Perut, Status Gizi, Gula Darah

**DESCRIPTION OF FOOD INTAKE, ABDOMINAL CIRCUMFERENCE,
NUTRITIONAL STATUS, AND BLOOD GLUCOSE LEVELS OF TYPE II
DIABETES MELLITUS SUFFERERS AT BANYU URIP COMMUNITY
HEALTH CENTER SURABAYA**

ABSTRACT

Introduction *The International Diabetes Federation (IDF, 2022) states that diabetes is a chronic disease caused by the body's inability to use insulin or the pancreas' failure to produce it. Hyperglycemia, or high blood sugar, is the result of the body's ineffective production of insulin. High blood sugar levels over time can harm the body and cause multiple organ and tissue failure.* **Objective** *To identify descriptions of food intake, abdominal circumference, nutritional status and blood glucose levels of diabetes mellitus sufferers at the Banyu Urip Community Health Center, Surabaya.* **Research Method.** *The type of research used was descriptive research. A total of 62 respondents suffered from type 2 diabetes mellitus at the Banyu Urip Community Health Center, Surabaya. The data collection technique used was simple random sampling by conducting interviews with respondents.* **Research Result** *Type 2 diabetes mellitus sufferers at the Banyu Urip Community Health Center, Surabaya, in the age category, the majority of sufferers were female, 80.6% and 45.2% aged 55-64 years. Food intake for type 2 diabetes mellitus sufferers was in the good category, 79%. , Abdominal circumference in type 2 diabetes mellitus sufferers in the risk category is 93.5%, Nutritional status in type 2 diabetes mellitus sufferers in the severe obesity category is 43.5%,* **Conclusion** *Most patients at the Banyu Urip Health Center in Surabaya who suffer from type 2 diabetes are women aged 55 to 64 years. They use a lot of energy, but are at risk of developing a pot belly. Their diet shows that they are quite obese. Their blood glucose levels are all over 200 mg/dl.* **Suggestion** *It is hoped that diabetes mellitus sufferers maintain their diet, maintain a strict diet, and regularly check their blood sugar. It is hoped that medical officers will provide related interventions in the form of education and promotion to prevent diabetes*

Keywords: *Diabetes, Food Intake, Abdominal Circumference Nutritional Status, Blood Sugar*