

Abstrak

Latar Belakang : Diabetes Mellitus Tipe II adalah penyakit gangguan metabolik yang ditandai oleh kenaikan gula darah akibat penurunan sekresi insulin oleh sel beta pankreas dan atau gangguan fungsi insulin (resistensi insulin). Status gizi yang tergolong obesitas dan pola makan yang salah dapat menyebabkan kenaikan kadar gula darah pada pasien diabetes mellitus tipe II.

Tujuan Penelitian : Mengetahui hubungan antara status gizi dan pola makan dengan status glukosa darah puasa pasien diabetes mellitus tipe II rawat jalan di RSUD Prof. Dr. Margono Soekardjo Purwokerto.

Metodologi Penelitian : Desain penelitian ini adalah *cross sectional*. Sampel penelitian berjumlah 43 responden dengan metode *consecutive sampling*. Pengukuran status gizi menggunakan IMT, pola makan diukur dengan *food recall* 3 x 24 jam, dan status glukosa darah puasa diukur dengan pemeriksaan darah kapiler. Data dianalisis menggunakan uji *Chi-Square*.

Hasil : Sebanyak 44,2% responden mengalami obesitas. Status glukosa darah puasa tergolong buruk 58,1%. Variabel yang berhubungan dengan status glukosa darah puasa diantaranya jumlah asupan energi ($p=0,008$) dan jumlah asupan protein ($p=0,034$), sedangkan yang tidak berhubungan, yaitu status gizi ($p=0,998$), asupan gula dan hasil olahannya ($p=0,110$), porsi konsumsi sayuran ($p=1,000$), porsi konsumsi buah ($p=0,927$), jumlah asupan karbohidrat ($p=0,869$), jumlah asupan lemak ($p=0,999$), jadwal makan ($p=0,275$), dan pola makan ($p=0,912$).

Kesimpulan : Jumlah asupan energi dan jumlah asupan protein berhubungan dengan status glukosa darah puasa, sedangkan status gizi, asupan gula dan hasil olahannya, porsi konsumsi sayuran, porsi konsumsi buah, jumlah asupan karbohidrat, jumlah asupan lemak, jadwal makan, dan pola makan tidak berhubungan dengan status glukosa darah puasa.

Kata Kunci : Diabetes Mellitus Tipe II, Status Gizi, Pola Makan, Status Glukosa Darah Puasa

Abstract

Background : Type 2 Diabetes Mellitus is a metabolic disorder that is marked by the rise in blood sugar due to a decrease in insulin secretion by pancreatic beta cells and insulin function disorder (insulin resistance). The nutritional status classified as obese and the wrong diet can increase blood sugar levels of type 2 diabetes mellitus patients.

Objective : The aim of this study is to determine the association between nutritional status and diet with the patient's fasting blood glucose status type 2 diabetes mellitus outpatient in Prof. Dr. Margono Soekardjo Regional Public Hospital Purwokerto.

Methods : The study design was cross sectional. These samples included 43 respondents with consecutive sampling method. Nutritional status was obtained from Body Mass Index (BMI), diet was obtained from 3 x 24 hours food recall, and fasting blood glucose status was obtained from capillary blood test. Data were analyzed using chi-square test.

Results : Total 44.2% respondents were obese. Those with bad fasting blood glucose status were 58.1%. The variables associated with fasting blood glucose status were energy intake ($p= 0.008$) and protein intake ($p= 0.034$), whereas the irrelevant variables were nutritional status ($p= 0.998$), glucose intake category and the processed result ($p= 0.110$), the vegetables intake serving ($p= 1.000$), the fruits intake serving ($p= 0.927$), carbohydrate intake ($p= 0.869$), fat intake ($p= 0.999$), the meal plan ($p= 0.275$), and dietary pattern ($p= 0,912$).

Conclusion : The energy intake and protein intake is related to fasting blood glucose status, while the nutritional status, glucose intake category and the processed result, the vegetables intake serving, the fruits intake serving, carbohydrate intake, fat intake, the schedule of feeding, and dietary pattern not related to fasting blood glucose status.

Keywords : Type 2 Diabetes Mellitus, Nutritional Status, Diet, Fasting Blood Glucose Status.