

**Hubungan Konsumsi Vitamin D dan Vitamin E dengan Kejadian Diabetes Mellitus di Puskesmas Sumber Sari** (*Correlation between Consumption of Vitamin D and Vitamin E with the Incidence of Diabetes Mellitus at Sumber Sari Health Center*)

**Sandya Larasati**

*Clinical Nutrition Study Program*

*Majoring in Health*

**ABSTRACT**

*Diabetes mellitus is a disease with metabolic disorders characterized by high blood sugar levels accompanied by disturbances in lipid, protein and carbohydrate metabolism. Vitamin D and vitamin E are thought to be able to reduce the risk of developing a DM attack and consumption of Vitamins D and E will also help lower sugar levels in the body. The purpose of this study was to determine the relationship between consumption of vitamins D and E with the incidence of diabetes mellitus at the Sumber Sari Health Center. This research uses a type of analytic survey research with a Case Control research design. The number of research subjects was 104 outpatients at Sumber Sari Health Center. The instruments used were informed consent, questionnaires and from SQFFQ. The results of this study are that subjects with DM have a frequency of consuming vitamin D rarely 52%, less vitamin D 92.3% and consumption of vitamin E rarely 11.5%, less 90.4%, while subjects without DM have a rare consumption frequency of 19.2%, lack of vitamin D 69.2% and consumption of vitamin E rarely 2% and less 73%. The conclusion is that there is a significant relationship between the frequency of consumption of vitamin D p-value (0.00) and the adequacy of vitamin D intake (0.03) and there is no significant relationship between the frequency of consumption of vitamin E (0.05) and there is a relationship between the adequacy of vitamin E intake vitamin E (0.02) with the incidence of Diabetes mellitus*

**Keywords :** *Diabetes mellitus, vitamin D, vitamin E*