

**The Relationship of Dietary Diabetes Mellitus Compliance and
Percentage of Body Fat to Blood Glucose Levels
in Patients with Diabetes Mellitus
At Kaliwates General Hospital**

Dwi Retno Ambarwati
Study Program of Clinical Nutrition
Health Department

ABSTRACT

Diabetes Mellitus is a metabolic disease characterized by high blood sugar levels due to deficiency of insulin secretion, impaired insulin activity, or even both. Diabetes Mellitus can cause complications if it is not managed properly, good behavior, one of which is maintaining adherence in undergoing nutritional therapy and also good meal planning to improve blood sugar levels. In addition, body fat percentage is an indicator that can help to see nutritional and body composition problems. This study aims to determine the relationship between dietary adherence and the body fat percentage on blood sugar levels in DM patients at Kaliwates Hospital and was analyzed using the Spearman test. The result of the study for dietary adherence showed a value of $p = 0.588$, while the percentage of body fat showed a value of $p = 0.756$. The conclusion is that there is no relationship between dietary adherence and blood glucose levels during DM patients at Kaliwates Hospital and there is no relationship between body fat percentage and blood glucose levels during DM patients at Kaliwates Hospital.

Keywords: Diabetes Mellitus, Blood glucose during, Dietary compliance, Percentage of body fat