Analysis of Type 2 Diabetes Mellitus Risk Factors Based on Inpatient Medical Records at Citra Husada Hospital Jember

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ABSTRACT

Type 2 DM is a condition where the body does not use insulin effectively (insulin resistance) to meet the body's needs. Type 2 DM is often associated with risk factors such as obesity, gender, hypertension and physical inactivity. Identifying risk factors that contribute to type 2 DM is important for the development of prevention and management strategies for this disease as it is one of the diseases that has a high number of cases in East Java, totaling 863,686. The number of inpatients with Type 2 DM cases at Citra Husada Hospital was increasing every year until 2023 there were 734 patients. This study aimed to analyze the relationship of risk factors for type 2 DM gender, history of obesity, and history of hypertension to the incidence of type 2 DM based on medical record data of inpatients at Citra Husada Hospital in 2023. This type of research was an analytic observational with a case control approach using secondary data. The study sample consisted of 133 case samples and 133 control samples using simple random sampling. Univariate data analysis using descriptive analysis and bivariate using the chi-square test. The results showed variables associated with Type 2 DM, namely a history of obesity (p = 0.000) with a risk of 3.297 times developing Type 2 DM and a history of hypertension (p = 0.020) with a risk of 1.836 times developing Type 2 DM and unrelated variables, namely Gender (p = 0.376). It is recommended that people who have a history of obesity and a history of hypertension should routinely conduct regular health checks because blood pressure and fat in the blood can affect blood glucose levels.

keywords: *Case Control, Diabetes Mellitus, DM Type 2, Medical Record, Risk Factors*