

**Hubungan Konsumsi *Sugar-Sweetened Beverages* (SSB) dan Lemak dengan Kejadian Diabetes Melitus Tipe 2 di Puskesmas Sumpalsari** (The Relationship between Sugar-Sweetened Beverages (SSB) and Fat Consumption with the Incidence of Type 2 Diabetes Mellitus at Puskesmas Sumpalsari).

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***ABSTRACT***

Diabetes Mellitus (DM) is a disease characterized by uncontrolled increase in blood glucose. Over the past few years, the prevalence of DM has increased every year in Indonesia. One of the factors causing DM is an unhealthy diet. Consumption of Sugar-Sweetened Beverage (SSB) and high fat can cause type 2 DM. This study aims to determine the relationship between SSB and fat consumption with the incidence of type 2 DM at Puskesmas Sumpalsari. The research method used an analytical survey with a case control design. The number of samples studied was 104 outpatients at Puskesmas Sumpalsari with a case sample of 52 people and a control sample of 52 people. Data collection was carried out by interviewing to fill out questionnaires and Semi Quantitative Food Frequency Questionnaire (SQFFQ) forms. Data analysis used univariate analysis and bivariate analysis with the chi-square test. The results of the study showed that there was a relationship between the frequency of SSB consumption ( $p=0.000$ ;  $OR= 0.116$ ) and the level of fat consumption ( $p=0.006$ ) and there was no relationship between the level of SSB consumption ( $p=1.00$ ;  $OR=1.00$ ) and the incidence of type 2 DM. The conclusion of this study is that there is a relationship between the frequency of SSB consumption and the level of fat consumption with the incidence of type 2 DM at Puskesmas Sumpalsari and there is no relationship between the level of SSB consumption and the incidence of type 2 DM at Puskesmas Sumpalsari.

Keyword : Fat, Sugar-Sweetened Beverages, Type 2 Diabetes Melitus.