

Pengaruh Pengetahuan Gizi terhadap Pola Makan Penderita Diabetes Melitus Tipe 2 di Wilayah Kerja Puskesmas Rambipuji Kabupaten Jember.
(The Influence of Nutrition Knowledge on Dietary Habit of Diabetes Mellitus Type 2 patient at Puskesmas Rambipuji Jember).

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ABSTRACT

Diabetes mellitus (DM) is a condition showed by the rise of blood glucose level (hyperglykema) and metabolic abnormalities due to hormonal disorders which could cause chronic complications at eyes, kidney, nerve, and blood vessel. DM type 2(DM which does not rely on insulin) used to occur after 40 years old. DM was caused by improper insulin's function. This research was aimed to know The Influence of Nutrition Knowledge on Dietary Habit of Diabetes Mellitus Type 2 patient at Puskesmas Rambipuji Jember. This research was held on August 2016 through Analytical Survey Method by Cross Sectional approach. The Sampling technique usage is purposive sampling with 36 respondents. The knowledge of respondent's nutrition obtained through questionnaires and dietary habit report was obtained from FFQ (food frequency questionnaire). The result of research showed that most respondent had less knowledge, they were about 29 person or 80,6%. The good respondent of dietary habit that consumed fruits was around 22 person or 61,1%. The conclusion of research showed that there were influences of the nutrition knowledge at side dishes dietary diabetes mellitus type 2 ($p= 0,39$, $OR= 0,90$).

Keywords: *Diabetes Mellitus Type 2, Nutrition Knowledge, Dietary.*