

***Relationship Level Consumption Diet Diabetes Mellitus With
HbA1C Levels In Type 2 Diabetes Mellitus Patients In
RSUD dr. Abdoer Rahem Situbondo***

Rizqia Ramadhani, dr. Arinda Lironika Suryana, Zora Olivia
*Clinical Nutrition
Faculty of Health*

ABSTRACT

Diabetes Mellitus is a metabolic disease that is a collection of symptoms that arise in a person because of an increase in HbA1C levels above the normal value. Diabetes Mellitus control can be performed by performing HbA1C examination. There are 4 pillars of diabetic therapy, including Medical Nutrition Therapy (TGM). Dietary arrangements in patients with Type 2 Diabetes Mellitus HbA1C will be successful if the patient regulates the diet to see the level of consumption of diabetes mellitus diet. This study aims to determine the relationship level of diabetes mellitus diet consumption with HbA1C levels in Type 2 Diabetes Mellitus patients in RSUD dr. Abdoer Rahem Situbondo. This research was conducted on July 17, 2017 - August 19, 2017. The method of this study was observational analytical using cross-sectional study approach with a population of 236 patients. Sample size in this study 21 subjects with sampling technique purposive sampling. Statistical analysis of this study using Spearman correlation test. The research shows that there are correlation between energy consumption level, protein, fat, carbohydrate, and fiber with HbA1C with $p = 0,001$, $p = 0,001$, $p = 0,001$, $p = 0,001$ and $p = 0,012$ in Type 2 Diabetes Mellitus patient in dr. Abdoer Rahem Situbondo.

Keywords: *Level of Consumption, HbA1C Level*