

## ABSTRACT

**YOGI JATU AFFANDI. B4110799 Relationship To Diet and Physical Activity in Patients with Type 2 Diabetes Mellitus Outpatient RSD Kalisat and RSU Kaliwates Jember Regency; Guided by Ir. Heri Warsito., MP Member Supervisor Puspito Arum, S.Gz., M.Gizi.**

Diabetes is the world's oldest diseases. Diabetes is associated with the metabolism of glucose in the blood. Medically, diabetes mellitus understanding extends to a series of aspects in a person's symptoms are caused by an increase in blood sugar levels (hyperglycemia) causes insulin deficiency (Badawi, 2009). Number of people with diabetes mellitus according to the WHO (World Health Organization), Indonesia ranks fourth in the world. The research objective is to determine the Relationship Diet and Physical Activity in Patients with Diabetes Mellitus Type II Ambulatory Kalisat Regional Hospital and the General Hospital Kaliwates Jember. This research uses the analytic survey method with cross sectional design as well as observation and data collection at the same time at the Regional Hospital and the General Hospital Kalisat Kaliwates Kalisat districts and city Jember region involving independent variables and the dependent variable. The conclusion from this research is that There is no difference in the diet and the value of  $\rho$  (rho) Respondent City is 0.989 and Respondents Village sig 0.662 including no relationship, there are no significant differences in diet in RSD Kalisat with RSU Kaliwates due to have diets The same is more than three times a day. There is a significant difference in physical activity between RSD Kalisat with RSU Kaliwates marked values  $\rho$  (rho) of respondents 0.063 cities and villages, 0,017 respondents.

Keywords: Diet, Physical Activity and Type 2 Diabetes Mellitus.