

Analisis Faktor Risiko Penyakit Diabetes Melitus Tipe 2 (E11) Berdasarkan Rekam Medis Rawat Jalan di Puskesmas Summersari Jember (*Analysis of Risk Factors for Type 2 Diabetes Mellitus (E11) Based on Outpatient Medical Records at Puskesmas Summersari Jember*)
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ABSTRACT

Type 2 diabetes mellitus is a metabolic disorder characterized by elevated blood glucose levels. Case number of Type 2 diabetes mellitus at Puskesmas Jember was increased from 1,253 in 2022 into 1,490 in 2025. This highlights focused to analyze Type 2 DM risk factors for prevention and reduce incidence rate. This study using electronic medical records from July through December 2025 at Puskesmas Summersari Jember with cross-sectional approach. Data were processed using simple random sampling, with univariate (frequency distribution and percentages) and bivariate (chi-square test). The results showed that in bivariate analysis, there was association between age ≥ 45 years ($p < 0,001$; PR = 7,590), obesity ($p = 0,005$; PR = 1,360), hypertension ($p < 0,001$; PR = 1,777), and smoking ($p = 0,004$; PR = 1,425), with Type 2 diabetes. Half of variables total number (family medical history, physical activity, dyslipidemia, and sugar intake) not included in bivariate analysis due to data limitations. The result concluded that age ≥ 45 years, obesity, hypertension, and smoking are Type 2 diabetes risk factors. It is suggestion into healthcare professionals to educate about Type 2 diabetes risk factors. Individuals with age ≥ 45 years, those have obese, hypertension, or smoke should get routine screening, maintain nutritional status, reduce salt intake, consume fruits and vegetables, take antihypertensive drugs, engage physical activity, quit smoking, and manage stress. Healthcare professionals providers and medical records can improve documentation completeness through mandatory fields (), and security through immutable data to prevent unauthorized changes.*

Keywords: Risk Factors, Type 2 Diabetes Mellitus, SIMKES, Cross Sectional, Chi - Square