

ABSTRACT

Background: The prevalence of type 2 diabetes mellitus increases every year, one of which is at the Kenali Besar Public Health Center, which is 12.04%. This is due to a bad lifestyle and behavior. The purpose of this study was to determine the proportion of type 2 diabetes mellitus and to determine the incidence of type 2 diabetes mellitus in Posbindu at the Kenali Besar Health Center in 2019.

Methods: Cross sectional research design using data from Posbindu in 2019, 278 samples aged 15 years. The research variables were type 2 diabetes mellitus, family history of DM, smoking, lack of physical activity, hypertension, BMI, and central obesity. The analysis used is *Chi square*.

Results: The proportion of type 2 diabetes mellitus in Posbindu Puskesmas Kenali Besar 21.9%, family history of DM 21.2%, smoking 26.6%, BMI 47.1%, lack of physical activity 55.8%, hypertension 23.7% , central obesity 64.4%. Bivariate analysis showed that there was a relationship between family history of DM (P: 0.000, PR= 3.59 95% CI=2.38-5.42), BMI (P: 0.000, PR= 32.48 95% CI=1.52-4 0.04), lack of physical activity (P: 0.000, PR= 2.93 95% CI=1.67-5.16), hypertension (P: 0.017, PR= 1.81 95% CI=1.16-2 .82), and there was no association between smoking (P: 0.285, PR= 1.35 95% CI=0.85-2.14), central obesity (P: 0.114, PR= 1.56 95% CI=0, 93-2.61).

Conclusion: There is a relationship between a family history of DM, BMI, lack of physical activity and hypertension with the incidence of type 2 diabetes mellitus. People are advised to implement healthy lifestyle behaviors such as increasing physical activity and regulating diet.

Keywords: type 2 DM, family history of DM, BMI, smoking, and physical activity

ABSTRAK

Latar Belakang: Prevalensi diabetes melitus tipe 2 meningkat setiap tahunnya, salah satunya pada Puskesmas Kenali Besar yaitu sebesar 12,04%. Hal ini dipengaruhi karena gaya hidup dan perilaku yang kurang baik. Tujuan penelitian ini mengetahui proporsi diabetes melitus tipe 2 dan determinan kejadian diabetes melitus tipe 2 pada Posbindu di Puskesmas Kenali Besar Tahun 2019.

Metode: Desain penelitian *cross sectional* menggunakan data Posbindu tahun 2019, 278 sampel berusia ≥ 15 tahun. Variabel penelitian diabetes melitus tipe 2, riwayat keluarga DM, merokok, kurang aktivitas fisik, hipertensi, IMT, dan obesitas sentral. Analisis yang digunakan *Chi square*.

Hasil: Proporsi diabetes melitus tipe 2 di Posbindu Puskesmas Kenali Besar 21,9%, riwayat keluarga DM 21,2%, merokok 26,6%, IMT 47,1%, kurang aktivitas fisik 55,8%, hipertensi 23,7%, obesitas sentral 64,4%. Analisis *bivariate* ada hubungan riwayat keluarga DM (P: 0,000, PR= 3,59 95% CI=2,38-5,42), IMT (P: 0,000, PR= 32,48 95% CI=1,52-4,04), kurang aktivitas fisik (P: 0,000, PR= 2,93 95% CI=1,67-5,16), hipertensi (P: 0,017, PR= 1,81 95% CI=1,16-2,82), dan tidak ada hubungan merokok (P: 0,285, PR= 1,35 95% CI=0,85-2,14), obesitas sentral (P: 0,114, PR= 1,56 95% CI=0,93-2,61).

Kesimpulan: Ada hubungan antara riwayat keluarga DM, IMT, kurang aktivitas fisik dan hipertensi dengan kejadian diabetes melitus tipe 2. Masyarakat disarankan untuk menerapkan perilaku hidup sehat seperti meningkatkan aktivitas fisik dan mengatur pola makan.

Kata Kunci: DM tipe 2, Riwayat keluarga DM, IMT, Merokok, dan Aktivitas fisik