

HUBUNGAN ASUPAN MAKRONUTRIEN DAN INDEKS MASSA TUBUH DENGAN KADAR GULA DARAH SEWAKTU PADA LANSIA DI WILAYAH KERJA PUSKESMAS CINERE KOTA DEPOK

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Abstrak

Lansia lebih rentan terhadap berbagai penyakit, salah satunya adalah penyakit Diabetes Melitus. Diabetes Melitus erat hubungannya asupan makronutrien dan indeks massa tubuh (IMT). Penelitian ini bertujuan untuk mengetahui ada tidaknya hubungan asupan makronutrien dan indeks massa tubuh dengan kadar gula darah sewaktu pada lansia di wilayah kerja Puskesmas Cinere Kota Depok. Metode penelitian yang digunakan adalah *cross sectional*. Responden penelitian berjumlah 65 responden yang merupakan lansia yang tinggal di wilayah kerja Puskesmas Cinere dan memenuhi kriteria inklusi. Kadar gula darah sewaktu diukur menggunakan glucometer. Asupan makronutrien diperoleh berdasarkan wawancara menggunakan formulir Semi *Food Frequency Questionare* (FFQ). Indeks massa tubuh diperoleh berdasarkan pengukuran tinggi badan dan berat badan. Setelah dilakukan pengolahan dan analisis data diperoleh hasil sebagai berikut: terdapat hubungan asupan protein dengan kadar gula darah sewaktu dengan *p value* sebesar 0,039; terdapat hubungan asupan lemak dengan kadar gula darah sewaktu dengan *p value* sebesar 0,031; terdapat hubungan asupan karbohidrat dengan kadar gula darah sewaktu dengan *p value* sebesar 0,002; dan terdapat hubungan indeks massa tubuh dengan kadar gula darah sewaktu dengan *p value* sebesar 0,027. Sehingga dapat disimpulkan terdapat hubungan asupan makronutrien dan indeks massa tubuh dengan kadar gula darah sewaktu pada lansia di wilayah kerja Puskesmas Cinere Kota Depok.

Kata Kunci : Makronutrien, Indeks Massa Tubuh, Kadar Gula Darah, Lansia

RELATIONSHIP BETWEEN MACRONUTRIENTS INTAKE AND BODY MASS INDEX WITH POSTPRANDIAL BLOOD GLUCOSE LEVEL ON THE ELDERLY IN THE WORKING AREA OF CINERE HEALTH CENTER DEPOK CITY

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Abstract

Elderly people are more susceptible to various diseases, one of which is diabetes mellitus. Diabetes mellitus is closely related to macronutrient intake and body mass index (BMI). This study aims to determine whether there is a relationship between macronutrient intake and body mass index with postprandial blood glucose levels on the elderly in the Cinere Community Health Center Depok City. The design of this study is a cross sectional design. The respondents were 65 respondents who were elderly lived in the working area of Cinere Health Center and met the inclusion criteria. Postprandial blood glucose levels measured using a glucometer. Macronutrient intake was obtained based on interview using the Semi Food Frequency Questionnaire (FFQ) Form. Body mass index is obtained based on measurements of height and weight. After processing and data analyzing this study have the following results: there is a relationship between protein intake and posprandial blood glucose levels with a p value of 0.039; there is a correlation between fat intake and posprandial blood glucose levels with p value of 0.031; there is a relationship between carbohydrate intake and posprandial blood glucose levels with p value of 0.002; and there is a relationship between body mass index and posprandial blood glucose level with p value of 0.027. So can be concluded that there is a relationship between macronutrient intake and body mass index with postprandial blood glucose levels on the elderly in the working area of Cinere Community Health Center Depok City.

Keyword: Macronutrient, Body Mass Index, Blood Glucose Level, the Elderly