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Correlation between education, food intake, exercise, and the medication obedience with the average of blood glucose in Gamping, Gogyakarta, Indonesia

Aisyah Rahmatul Laily
Faculty of Medicine, Indonesia

The Ministry of Health of Indonesia increasing their concern on non transmitted diseases. From the top ten caused of death, 2 of them are non communicable diseases. Diabetes Mellitus is one of two non communicable disease above that have the increasing number of patient from year to year. From that problem, this reaserch is made to determine the correlation between education, food intake, exercise, and the medication obedience with the average of blood glucose. In this reaserch, the reasercher used observational and cross sectional studies. The samples that used in this research are 50 patients in Puskesmas Gamping I Yogyakarta who suffered from Diabetes Mellitus for long period. The researcher doing anamnesis by using questionnaire to collect the data, and analyzed the data using Chi Square to know the correlation between each variable. The dependent variable in this research are the average blood glucose, whereas the independent variable is education, food intake, doing exercise, and the obidience of medication. The result of this research showed that there is a relation between education and the average of blood sugar (p=0.029). There is a relation between food intake with the average of blood sugar (p=0,009). There is a relation between exercise with the average of blood glucose (p=0.023). There also a relation between the medication obedience with the average of blood glucose p=0,002). The conclusion is there is a postive correlation between education, food intake, exercise, and the medication obedience with the average of blood glucose.

lailyaisyaaa@gmail.com

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