

## ABSTRACT

**DHIYAUl AFIFAH, 2024.** *The Effect of Nutritional Counseling on the Level of Knowledge, Level of Dietary Compliance and Fasting Blood Glucose Levels in Outpatient Type 2 Diabetes Mellitus Patients at the Selopuro Community Health Center, Blitar Regency.* Sutomo Rum Teguh Kaswari, SKM., M.Kes, Dwie Soelistyorini, SST., M.Kes.

**Background:** *Diabetes Mellitus is a chronic disease that is becoming increasingly common due to factors such as population growth, aging, urbanization, obesity, and lack of physical activity. The low compliance and understanding of patients regarding the specific diet make managing a Diabetes Mellitus diet difficult. This is because patients are only given counseling by midwives on permitted and prohibited foods, leaving them with insufficient knowledge about proper diet management, compounded by the absence of nutritional counseling.* **Objective:** *To determine the effect of education on diet compliance among Type 2 Diabetes Mellitus outpatients at Selopuro Health Center, Blitar Regency.* **Method:** *This study is a quantitative research with a quasi-experimental design using a pre-test post-test approach. It involved 30 Type 2 Diabetes Mellitus patients at Selopuro Health Center, with samples selected through purposive sampling. Data were collected through interviews, observations, and questionnaires. Univariate analysis described respondent characteristics and changes before and after education, while bivariate analysis with the Wilcoxon test evaluated the effect of education.* **Results:** *The study showed a significant improvement in the intervention group that received 3x counseling. Respondents' knowledge increased from 80% to 73% sufficient, diet compliance from 80% non-compliance to 73% compliance, and poor fasting blood sugar levels decreased from 87% to 67%. Meanwhile, the control group, which only received 1x counseling, showed minimal improvement.* **Conclusion:** *There is a significant effect of 3x counseling and dietary monitoring on knowledge, diet compliance, and fasting blood sugar levels in Type 2 Diabetes Mellitus patients compared to the control group that only received 1x counseling.*

**Keywords:** *Nutritional Counseling, Patient Knowledge, Diet Compliance, Blood Sugar Levels, Diabetes Mellitus Patients*