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**THE RELATIONSHIP BETWEEN DIETARY AND BLOOD SUGAR  
LEVELS IN PRE-ELDERLY AND THE RISK OF DM  
IN RW 03 AND RW 04 REJOSO NGANJUK VILLAGE**

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**ABSTRACT**

Diabetes is a metabolic disease that occurs due to increased blood sugar levels due to disturbances in insulin secretion. Blood sugar levels can rise with unhealthy eating habits such as consuming excessive amounts of sugar, carbohydrates and sweet snacks. Diet is a method for regulating the food consumed with the aim of maintaining health, ensuring adequate nutrition, and preventing the emergence of disease. The aim of this research is to determine the relationship between eating patterns and blood sugar levels in pre-elderly people and the risk of DM in RW 03 and RW 04, Rejoso Nganjuk Village. This research uses a correlational design with a cross-sectional study approach. The population in this study was all 68 pre-elderly people aged 45-59 years, both men and women in RW 03 and RW 04, Rejoso Nganjuk Village, who were then selected using a purposive sampling technique so that there were 58 pre-elderly people who were then screened. and found 36 elderly people at risk of DM. Data collection was carried out using a research instrument in the form of the Semi-Food Frequency Questionnaire (S-FFQ). The data analysis method uses the Spearman Rank correlation test. The results of the study showed that there was a relationship between diet and blood sugar levels in the elderly and the risk of DM in RW 03 and RW 04, Rejoso Nganjuk Village with p value = 0.004. This research found that the majority of respondents' eating patterns had a good diet and produced normal blood sugar levels. So, to support health, it is recommended that seniors at risk of DM maintain a healthy lifestyle, maintain their diet by consuming healthy foods and reducing sweet foods and checking their blood sugar levels regularly at the available health facilities.

Keywords: Diet, Blood Sugar Levels, Pre-Elderly