

ABSTRACT

Shafira Nuriyatul Ludfi, 2023. Relationship between Nutritional Status and Glycemic Index Eating Habits and Blood Glucose Levels in Type II Diabetes Mellitus Outpatient Patients at Waluyo Jati Hospital Probolinggo Regency. Supervisor: **Dwie Soelistyorini, SST., M. Kes. and Fifi Luthfiyah, SST., M. Kes.**

Diabetes mellitus is a disease in which the level of glucose (simple sugar) in the blood is quite high because the body cannot release or use insulin sufficiently. Several factors can affect blood glucose levels in people with diabetes mellitus, namely nutritional status, age, physical activity, genetics, and medication adherence. Overnutrition or obesity is a risk factor for degenerative diseases. In an effort to control blood glucose levels, people with diabetes mellitus must also pay attention to the selection of food ingredients such as the glycemic index content of food ingredients. The purpose of this study was to determine the relationship between nutritional status and eating habits with the glycemic index with blood glucose levels in Type 2 Diabetes Mellitus sufferers at Waluyo Jati Hospital, Probolinggo Regency. This type of research is an analytic observational study using a cross sectional research design. Intake of research subjects using accidental sampling system with a total sample of 30 people. The results of this study indicate that most of the respondents have normal nutritional status with a total of 14 respondents (46.6%). The eating habits of the glycemic index of the respondents in this study were mostly in the frequent category, namely 20 respondents (66.6%). Most of the respondents' blood glucose levels in this study were in the abnormal category, namely 20 respondents (66.7%). Statistical test results showed a relationship between nutritional status and blood glucose levels with a p-value = 0.254 (> 0.05). The relationship between eating habits with the glycemic index and blood glucose levels shows a p-value = 0.560 (> 0.05). The conclusion of this study was that there was no relationship between nutritional status and eating habits with a high glycemic index and blood glucose levels.

Keywords: Nutritional Status, Eating Habits, Glycemic Index, Type 2 Diabetes Mellitus.