

## ABSTRACT

**Fikrotun Roudhotul Aisy, 2023.** Diet Compliance Level, Blood Glucose Levels and Lipid Profile of Inpatients with Type 2 Diabetes Mellitus in Muhammadiyah Lamongan Hospital. Scientific writing. Diploma 3 Nutrition Study Program, Health Polytechnic, Ministry of Health, Malang. Supervisor: **Dr. Annasari Mustafa, SKM., M.Sc., RD**

The increase prevalence of diabetes in Indonesia is quite significant, from 6.9% in 2013 to 8.5% in 2018. Patients with diabetes mellitus can experience lipid abnormalities because lipid metabolism is influenced by insulin. Proper handling is needed to keep blood sugar levels and lipid profiles normal and stable and prevent complications. The diet of diabetes mellitus must pay attention to the 3J principle, namely the right amount, the right type, and the right schedule. The type of research is descriptive observational research with a cross sectional design. Sampling in this research using purposive sampling method, there were 30 respondents studied and met the inclusion criteria. Data collection was carried out by interviewing using a dietary compliance questionnaire, 24-hour food recall form and looking at medical record data related to blood glucose levels and lipid profiles. Data processing and analysis were carried out descriptively, presented in tables and figures, and given explanations. The results showed that 50% of respondents were compliant in carrying out the principles of the right amount of DM diet, 70% were compliant with the right type, and 66.7% were compliant with the right schedule. As many as 74% of respondents had temporary blood glucose levels  $\geq 200$  mg/dL (Hyperglycemia), all respondents had low HDL levels, 40% of respondents had normal and near normal LDL levels, and 40% of respondents had moderately high triglyceride levels. Advice given to patients with type 2 diabetes mellitus is to implement a diet according to nutritionist recommendations by understanding food ingredients that are recommended, limited, and not recommended so that glucose levels can be controlled, as well as routine health checks so that glucose levels can be monitored and resolved as early as possible.

**Keywords:** Diet Therapy, Blood Glucose Level, Lipid Profile, Type 2 Diabetes Melitus