

*THE ASSOCIATION OF NUTRITIONAL KNOWLEDGE AND DIETARY
ADHERENCE WITH BLOOD GLUCOSE LEVELS AMONG DIABETES
MELLITUS PATIENTS*

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ABSTRACT

Background: *Diabetes Mellitus is a non-communicable disease with an increasing prevalence and has become a health problem in Indonesia.* **Objective:** *This study aimed to analyze the relationship between nutritional knowledge and dietary adherence with blood glucose levels in Diabetes Mellitus patients.* **Research Methods:** *This study used a correlational analytic design with a cross-sectional approach involving 30 hospitalized patients at RSUD Bangil during February–March 2026. Data were collected using nutritional knowledge and dietary adherence questionnaires, as well as random blood glucose level data from medical records.* **Results:** *The Spearman Rank test showed a significant relationship between nutritional knowledge ($p=0.016$) and dietary adherence ($p=0.046$) with blood glucose levels.* **Conclusion:** *There was a significant relationship between nutritional knowledge and dietary adherence with blood glucose levels in Diabetes Mellitus patients.* **Suggestion:** *Diabetes Mellitus patients are advised to improve their nutritional knowledge, maintain dietary adherence, and routinely monitor blood glucose levels to help control blood glucose levels.*

Keywords: *Blood Glucose Levels, Diabetes Mellitus, Dietary Adherence, Nutritional Knowledge*