

*DESCRIPTION OF TYPE 2 DIABETES MELITUS DIET
COMPLIANCE LEVEL AND BLOOD GLUCOSE LEVEL IN
DIABETES MELITUS PATIENTS (OUTPATIENT CASE STUDY AT
WAGIR HEALTH CENTER, MALANG REGENCY.*

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ABSTRACT

Background: Type 2 diabetes mellitus is a chronic metabolic disease that requires long-term management through adherence to the 3J dietary principles, namely appropriate meal quantity, meal type, and meal schedule. Dietary adherence plays an important role in controlling blood glucose levels and reducing the risk of diabetes-related complications. **Objective:** This study aimed to describe dietary adherence and fasting blood glucose levels among outpatients with type 2 diabetes mellitus at the Wagir Community Health Center, Malang Regency. **Methods:** This study employed a descriptive design with a case study approach involving five patients with type 2 diabetes mellitus selected through purposive sampling. Dietary adherence data were collected through interviews using a 2×24-hour food recall form and a diabetes dietary adherence questionnaire, while fasting blood glucose data were obtained from patients' medical records. The data were analyzed descriptively. **Results:** Most respondents were non-adherent to the recommended meal quantity (80%), whereas the majority adhered to the recommended meal type (60%) and meal schedule (60%). Overall, only one respondent (20%) fulfilled all components of the 3J dietary principles, while four respondents (80%) were classified as non-adherent. All respondents (100%) had fasting blood glucose levels within the diabetic range (≥ 126 mg/dL). **Conclusion:** Most patients with type 2 diabetes mellitus had not fully adhered to the 3J dietary principles, and all respondents still had uncontrolled fasting blood glucose levels.

Keywords: type 2 diabetes mellitus; dietary compliance; blood glucose levels