

## ABSTRACT

**Salsabila Isaura**, 2025. *The Effect of PKMK Consumption Education on Carbohydrate Intake and Body Fat Percentage of Type 2 Diabetes Mellitus Patients at the Dinoyo Community Health Center, Malang City. Undergraduate Study Program in Applied Nutrition and Dietetics, Department of Nutrition, Poltekkes Kemenkes Malang. Mentor; Etik Sulistyowati and Dwipajati*

**Background:** Epidemiological studies show that the prevalence of type 2 DM in Indonesia is 1.5-2.3% (Riskesdas, 2013). The Health Profile of Malang City in 2020 stated that the number of Diabetes Mellitus (DM) sufferers in Malang City was 21,697 people, of which around 70.9% or 15,388 people had received standard health services. Standard services are defined as blood sugar measurements carried out at least once a month at health facilities, education on lifestyle or nutritional changes and referrals if necessary. The sub-district with the most diabetes mellitus sufferers is Lowokwaru District, Dinoyo Health Center with 2,135 diabetes mellitus sufferers and only 632 diabetes mellitus sufferers who have received standard health services (Profilkes, 2020). **Objective:** This study aims to determine the effect of PKMK consumption education on carbohydrate intake and body fat percentage in type 2 diabetes mellitus patients. **Method:** This type of research is observational analytic with cross-sectional approach. The sample in this study were 15 people suffering from Type 2 Diabetes Mellitus at Dinoyo Health Center, Malang City. The data collected in the study were data on the amount of carbohydrate intake and body fat percentage. **Results:** Based on the Statistical Test, it is known that there is no effect of PKMK consumption education on carbohydrate intake with a  $p$ -value = 0.061, and there is no effect of PKMK consumption education on body fat percentage  $p$ -value = 0.041. **Conclusion:** Providing education on PKMK consumption has no effect on carbohydrate intake and body fat percentage, but there are significant changes.

**Key words:** PKMK Consumption, Carbohydrate Intake, Body Fat Percentage