

**3J DIET PATTERN DESCRIPTION (NUMBER, TYPE, SCHEDULE)
IN TYPE 2 DIABETES MELLITUS (DM) PATIENTS
AT RAMPAL CELAKET COMMUNITY HEALTH CENTER
MALANG CITY**

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ABSTRACT

Background: Diabetes mellitus is a non-communicable disease that has a significant impact globally and causes a decrease in quality of life. Based on data from the World Health Organization (WHO) in 2021, the number of people with diabetes in the world reached 537 million and is expected to increase to 783 million by 2045. Type 2 diabetes mellitus is the most common type of diabetes and one of the important aspects in its management is diet. A healthy diet plays a role in maintaining blood glucose levels, reducing the risk of complications, and improving quality of life as part of nutritional therapy. One of the recommended approaches for patients with type 2 diabetes is the 3J diet (amount, type, and schedule). **Purpose:** To determine the description of the 3J diet of patients with type 2 diabetes mellitus at the Rampal Celaket Health Center, Malang City. **Method:** The type of research used was descriptive research with a case study design and was carried out in June-September 2024. The population of this study were patients with type 2 diabetes mellitus at the Rampal Celaket Health Center, Malang City. Subjects were taken using purposive sampling technique, so that 22 subjects were obtained. Data analysis was done in descriptive manner. **Results:** The study showed that most respondents fell into the category of inappropriate amount as many as 14 respondents (63.6%), inappropriate type as many as 17 respondents (77.3%) and inappropriate schedule as many as 19 respondents (86.4%). This is caused by various things such as lack of knowledge, wrong eating habits and non-compliance in carrying out the diet. **Conclusion:** Most of the respondents in the study were classified as inappropriate in carrying out a diabetes mellitus diet, namely the 3J principle (Amount, Type, Schedule).

Keywords: amount of energy, diabetes mellitus, meal schedule, type of food