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The difference in waist circumference, waist-hip ratio, glycemic index, and dietary fiber intake in patients with type II diabetes mellitus and other types of diabetes mellitus

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Diabetes mellitus (DM) is a degenerative disease that continues to increase its prevalence worldwide. Increased cases of DM are influenced by several factors such as changes in lifestyle, obesity, and dietary society. Studies have shown that central obesity is associated with insulin resistance (type II DM). The purpose of this research is to know the difference in waist circumference, waist-hip ratio, glycemic index and fiber in DM type II patient and another type. The research design used was observational analytic with the cross sectional approach on 58 samples. The investigation was conducted from April to May 2017. The data of waist circumference and waist-hip ratio (WHR) were collected by anthropometric measurement. Food consumption data with glycemic index and fiber by filling in semiquantitative form Food Frequency (FFQ). Data were analyzed using univariate and bivariate independent t-test. The results is no differences waist circumference ($p=0,86$), waist-hip ratio (WHR) ($p=0,92$), food consumption with high glycemic index ($p=0,14$), index glycemic low ($p=0,06$), and fiber consumption ($p=0,97$) ($p>0,05$) in patients with type II DM and other types of DM. It is expected the participation of hospital staff to patients with diabetes to provide information about the benefits of glycemic index food and encouragement to maintain weight, increase fiber consumption so that blood sugar levels can be controlled.

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