Faktor dominan yang berhubungan dengan kadar gula darah sewaktu PNS Direktorat Perimbangan Keuangan Kementerian Keuangan tahun 2014 = Dominant factor correlated with random blood glucose level of government employee Direktorat Jendral Perimbangan Keuangan Ministry of Monetary 2014

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Abstrak

[ABSTRAK
Diabetes mellitus (DM) adalah penyakit metabolik dengan karakteristik hiperglikemia. Hiperglikemia merupakan kondisi kadar gula darah melewati batas normal namun belum masuk dalam kategori DM dan jika berlangsung lama akan berdampak pada DM. Skrining melalui pemeriksaan kadar gula darah sangat diperlukan. Penelitian ini bertujuan untuk mengetahui kadar gula darah dan faktor-faktor yang berhubungan dengan kadar gula darah pada PNS Perimbangan Keuangan. Penelitian ini merupakan penelitian cross sectional yang dilakukan pada 147 responden yang dipilih secara acak. Data yang dikumpulkan adalah kadar gula darah, usia, jenis kelamin, riwayat DM pada keluarga, pengetahuan, aktivitas fisik, IMT, RLPP, Energi total, asupan karbohidrat, asupan protein, asupan lemak, asupan serat, konsumsi buah dan konsumsi sayur. Data didapatkan melalui pemeriksaan kadar gula darah sewaktu, pengukuran antropometri, pengisian kuesioner, recall 2x24 jam dan FFQ. Rata-rata kadar gula darah yang didapatkan adalah 177,52 ± 27,67 mg/dl. Hasil penelitian ini menunjukkan adanya hubungan yang signifikan antara riwayat DM (p value=0,000), IMT (r=0,318), RLPP (r=0,229), konsumsi buah (p value=0,016) dan konsumsi sayur (p value=0,021). Setelah dilakukan analisis multivariat faktor yang berhubungan dengan kadar gula darah adalah riwayat DM pada keluarga, konsumsi buah, konsumsi sayur dan IMT. Model regresi linear yang dihasilkan dapat menjelaskan 21,9% kadar gula darah dengan variabel riwayat DM pada keluarga, IMT, konsumsi buah dan konsumsi sayur. Secara statistik, faktor yang berhubungan dengan kadar gula darah adalah riwayat DM pada keluarga, IMT, konsusmsi buah, dan konsumsi sayur. Program pencegahan hiperglikemia yang dapat dilakukan adalah skrining pada kelompok berisiko, KIE mengenai faktor-faktor risiko dari DM, pemantauan status gizi, menerapkan pola makan gizi seimbang dan melakukan aktivitas fisik secara teratur.
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ABSTRACT
Diabetes mellitus (DM) is a metabolic disease with characteristics of hyperglycemia. Hyperglycemia is a where blood sugar level has passed it?s normal value but not in a DM cathegory yet, which will end with DM in the

future. Screening is urgent to be done in order to know the blood sugar level.. This research aims to know the random blood sugar levels and factors related to blood sugar levels on PNS Direktorat Perimbangan Keuangan. This is a cross sectional research, with 147 respondents through random selection. The collected data are blood sugar levels, age, gender, family history of DM, knowledge of DM, physical activity, BMI, WHR, total energy, intake carb, intake protein, intake fat, intake fibers, consumption fruit and consumption of vegetables. Data obtained by measuring blood sugar levels, anthropometry measurement, questionnaire, recall 2x24 hours and FFQ. The average of random blood sugar levels is 177,52 ± 27,67 mg/dl. Results of this study showed a significant relationship between the family history of DM (p value= 0.000), BMI (r= 0,318), RLPP (r= 0,229), consumption of fruit (p value = 0.016) and consumption of vegetable (p value= 0,021). Multivariate analysis through a the factors related to blood sugar levels is the DM on family history, BMI, consumption of fruit, and consumption of vegetables. Hiperglikemia can be prevented by screening to population at risk, monitoring nutrition status, apply nutrition balanced diet and do physical activity regularly.;Diabetes mellitus (DM) is a metabolic disease with characteristics of
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