

Obesity as type 2 diabetes common comorbidity: study of type 2 diabetes patients' eating behaviour and other determinants in Jakarta, Indonesia

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Abstrak

Obesity is a common comorbidity of type-2 diabetes and one of the most modifiable risk factors for preventing other comorbid conditions, such as diabetic nephropathy and cardiovascular disease. Using a cross-sectional design, this study aimed to determine eating behavior, factors related with obesity and the dominant factor of obesity in patients with type-2 diabetes. Data were collected from 133 members of the Chronic Disease Countermeasure Program in Jatinegara Primary Health Care, East Jakarta, that were selected using purposive sampling. Food intake was assessed by 1 × 24-hour food recall and the Food Frequency Questionnaire, Physical activity was assessed by the Global Physical Activity Questionnaire. Results showed that 63.9% of the surveyed type-2 diabetics were obese (body mass index ≥ 25 kg/m²) and that the respondents consumed more fat than the recommended value ($30.77\% \pm 9.06\%$) but less energy than the required value ($62.06\% \pm 23.67\%$). The prevalence of obesity among adults with type-2 diabetes could be associated with nutritional knowledge, education level, and the length of suffering from the disease. Nutritional knowledge was found to be a dominant factor associated with obesity.