

## 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  $\geq 25$  kg/m<sup>2</sup>) 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.