

Asupan makronutrien dan gaya hidup serta hubungannya dengan status HbA1c penyandang diabetes melitus tipe 2 = Relation between macronutrient intake and life style factors with HbA1c status in diabetic type 2 patient / Imelda Wiradarma

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Abstrak

[ABSTRAK

Latar belakang: mengetahui hubungan antara asupan makronutrien dan gaya hidup terhadap status HbA1c penyandang diabetes melitus (DM) tipe 2. Metode: penyandang DM tipe 2 dikategorikan ke dalam 2 kelompok, yaitu kontrol glikemik (KG) baik (HbA1c < 7,0) dan KG buruk (HbA1c > 7,0). Data karakteristik dasar seperti usia, jenis kelamin, status gizi, durasi menderita DM, jenis dan jumlah obat DM yang digunakan, serta ada/ tidaknya komplikasi DM yang diderita. Asupan makronutrien terdiri dari asupan energi total harian, asupan karbohidrat, protein, lemak dan serat. Faktor gaya hidup meliputi ketaatan mengikuti diet sesuai yang direkomendasikan, aktivitas fisik, ketaatan konsumsi obat, merokok dan minum alkohol. Data-data dari kedua kelompok kemudian dihubungkan dengan status HbA1c dengan uji Chi square. Hasil penelitian: usia penyandang DM yang lebih muda (< 55 tahun), asupan karbohidrat dan ketaatan mengikuti diet berhubungan bermakna secara statistik dengan status HbA1c (P < 0,05). Rasio asupan makronutrien (karbohidrat, protein, lemak) pada kelompok KG baik adalah 47: 18: 35 dan KG buruk 51: 16: 33. Kesimpulan : Hasil penelitian ini menunjukkan bahwa status HbA1c berhubungan bermakna dengan faktor usia, asupan karbohidrat, dan ketaatan mengikuti diet. Edukasi sebaiknya diberikan kepada penyandang DM tipe 2 dengan KG buruk, terutama yang berusia < 55 tahun agar mengatur pola makannya sesuai dengan yang direkomendasikan dengan memperhatikan jenis, jumlah, dan jadwal.

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ABSTRACT

Background: Determining the relationship between macronutrients intake and lifestyle factors and HbA1c status of diabetic type 2 patient in improving the effectiveness of patient?s nutrition therapy and preventing diabetes complications. Methods: Diabetic type 2 patients were categorized into 2 groups; patients with good glycemic control (GC) or HbA1c < 7.0 and patients with poor glycemic control (PC) or HbA1c > 7.0. Clinical characteristics were differentiated by age, gender, body mass index (BMI), duration of illness, type and amount of diabetic medication, and other diabetic complication. Macronutrient intake consisted of total daily calories and carbohydrate, protein, fat and fiber intakes. Lifestyle factors consisted of the adherence to dietary advice and medication, physical activities, smoking habit, and alcohol intake. The data were be used

to determine their relationship with HbA1c status using Chi Square test. Results:

Younger diabetic type 2 patients (< 55 years old), carbohydrate intake, and adherence to dietary advice were identified as statistically significant variables related to HbA1c status ($P < 0.05$). Macronutrient intake ratio (carbohydrate : protein : fat) for GC was 47 : 18 : 35 and PC was 51 : 16 : 33. Conclusions: The results demonstrate that HbA1c status in diabetic type 2 patient are related to age, carbohydrate intake and adherence to dietary advice. Education to be provided to younger diabetic type 2 patients (<55 years old) to maintain good dietary pattern according to medical nutrition therapy, Background: Determining the relationship between macronutrients intake and lifestyle

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