ABSTRACT

Diabetes Mellitus is a disease in which the blood glucose level is above the normal limit. Based on WHO, in 2003 there were 200 millions people in the world who suffered from Diabetes Mellitus and it will become 363 millions people in 2025. Datas in Puskesmas Ketabang Surabaya show in 2008 until 2011 the average number of Diabetic’s patients increase 25.57%.

The purpose of this research is analyzing the risk factors which related to the morbidities of Diabetes Mellitus in Puskesmas Ketabang Surabaya. This research is using an analytic’s observational metode with case control study. The case’s samples are patients who diagnosed suffer from Diabetes Mellitus in the last 3 months and the control’s samples are non-diabetic’s patients who came to Puskesmas Ketabang in the last 3 months. The number of samples are 74 with 37 cases and 37 control. This research is using a simple random sampling and Chi Square Yate’s Correction for Continuity test with p<0,05, 95% Confidence Interval (CI) and Odds Ratio (OR).

Chi Square Yate’s Correction for Continuity test shows factors which related to the morbidities of Diabetes Mellitus are age >40 years old (p=0,000; OR=9,706; 95% CI:2,858<OR<32,962), family history of Diabetes Mellitus (p=0,020; OR=3,423; 95% CI:1,315<OR<8,909), lack of physical activities (p=0,033, OR=3,176; 95% CI:1,202<OR<8,395), high blood pressure (p=0,014; OR=4,060; 95% CI:1,428<OR<11,547), excessive amount of carbohydrate consumption (p=0,036; OR=3,033; 95% CI:1,176<OR<7,820).

The risk factors of Diabetes Mellitus are age > 40 years old, family history of Diabetes Mellitus, high blood pressure, lack of physical activities and excessive amount of carbohydrate consumption. It suggests to prevent and overcome Diabetes Mellitus with a balance carbohydrate consumption and doing adequate physical activities. Besides that, counseling and socialization of Diabetes Mellitus’s precaution and risk have to be done.

Key words: risk factors, Diabetes Mellitus, Puskesmas Ketabang Surabaya.