

ABSTRACT

Background : Diabetes mellitus is a disease that is suffered by many Indonesians. Around 7.6 million Indonesians suffer from it. An estimated number of deaths caused by diabetes in the world reached 1.5 million people in 2012. The main cause of death in diabetic patients is the emergence of its complications such as stroke, cardiovascular disease, and other diseases. One of the factors that contributes to the incidence of complications in patients with diabetes mellitus is the nutritional status of the patients.

Purpose : The aim of this research was to identify the nutritional status profile of diabetic patients in Poli Rawat Jalan Endokrinologi Penyakit Dalam RSUD Dr. Soetomo Surabaya.

Methods : This study used descriptive cross sectional epidemiology by interviewing and direct measuring in patients with type 2 diabetes mellitus in Poli Rawat Jalan Endokrinologi Penyakit Dalam RSUD Dr. Soetomo Surabaya.

Results : From this study we found that women suffered diabetes more than men, the age majority of diabetics patient was 61 – 70 years, the mean body height of diabetic patient was $164,97 \pm 5,50$ cm in men and $151,46 \pm 6,15$ cm in women, the mean body weight of diabetic patient was $56,84 \pm 15,28$ kg in men and $55,17 \pm 8,32$ kg in women, the mean BMI of diabetic patient was 24.02 ± 4.00 , the mean WC of diabetic patient was 91.65 ± 11.39 cm in men and 90.32 ± 8.29 in women, the mean HC of diabetic patient was 98.27 ± 9.21 cm in men and 96.28 ± 9.48 cm in women, the mean WHR of diabetic patient was 0.92 ± 0.05 in men and 0.93 ± 0.05 in women, the mean LILA of diabetic patient was 28.68 ± 4.06 cm in men and 28.01 ± 3.72 cm in women and the mean random plasma glucose of diabetic patient was 194.24 ± 102.61 mg/dl.

Conclusion : Managing the nutritional status of diabetic patient should be considered since majority of diabetic patient have poor nutritional status.

Keywords : Type 2 diabetes mellitus, nutritional status.