

HUBUNGAN POLA MAKAN DAN OBESITAS TERHADAP KEJADIAN PREDIABETES PADA PRA-LANSIA DAN LANSIA KARYAWAN UGM

Kezia Imanuella Ari Chrisanthy, Susetyowati, Martalena Br. Purba

INTISARI

Latar Belakang: Prediabetes merupakan kondisi gula darah melebihi ambang batas normal tetapi belum dapat dikategorikan sebagai diabetes. Sebesar 32% penduduk pra-lansia dan 37% lansia Indonesia mengalami prediabetes. Prediabetes dapat dipengaruhi faktor pola makan, obesitas, usia, *sedentary lifestyle*, dan aktivitas fisik.

Tujuan Penelitian: Untuk mengetahui hubungan antara pola makan dan obesitas terhadap kejadian prediabetes pada pra-lansia dan lansia karyawan UGM.

Metode Penelitian: Penelitian kuantitatif dengan desain cross-sectional dilaksanakan di Paviliun Yudistira 2 RSA UGM. Pengambilan subjek menggunakan *consecutive sampling*. Subjek yang memenuhi kriteria inklusi dan eksklusi yaitu 81 orang. Penilaian pola makan dinilai menggunakan kuesioner pola makan, obesitas menggunakan Indeks Massa Tubuh, dan obesitas sentral menggunakan lingkaran pinggang. Kadar HbA1c diperoleh dari data sekunder. Data dianalisis dengan menggunakan uji *Chi-square*.

Hasil Penelitian: Hasil uji statistik menunjukkan bahwa terdapat hubungan bermakna antara asupan karbohidrat (sumber nasi dan mie) dengan kejadian prediabetes ($p=0,031$). Namun, tidak terdapat hubungan bermakna antara asupan karbohidrat umbi-umbian, *refined flour*, sayur, buah, dan bahan pemanis (gula/madu/sirup), obesitas *general*, obesitas sentral dengan kejadian prediabetes ($p>0,05$). Subjek dengan obesitas sentral berisiko 1,964 lebih tinggi untuk mengalami prediabetes.

Kesimpulan: Terdapat hubungan bermakna antara asupan karbohidrat (sumber nasi dan mie) dengan kejadian prediabetes. Tidak terdapat hubungan bermakna antara asupan karbohidrat (umbi-umbian dan *refined flour*), sayur, buah, bahan pemanis, obesitas *general*, dan obesitas sentral dengan kejadian prediabetes pada pra-lansia dan lansia karyawan UGM.

Kata Kunci: pola makan; obesitas; prediabetes; pra-lansia; lansia.

RELATIONSHIP BETWEEN DIET PATTERNS AND OBESITY ON THE INCIDENCE OF PREDIABETES IN PRE-ELDERLY AND ELDERLY UGM EMPLOYEES

Kezia Imanuella Ari Chrisanthy, Susetyowati, Martalena Br. Purba

ABSTRACT

Background: Prediabetes is a condition where blood sugar exceeds the normal threshold but cannot yet be categorized as diabetes. As many as 32% of the pre-elderly population and 37% of the elderly in Indonesia have prediabetes. Prediabetes can be influenced by diet, obesity, age, sedentary lifestyle and physical activity.

Objective: To determine the relationship between diet patterns and obesity on the incidence of prediabetes in pre-elderly and elderly UGM employees.

Method: Quantitative research with a cross-sectional design was carried out at Yudistira Pavilion 2 RSA UGM. Subjects were taken using consecutive sampling. Subjects who met the inclusion and exclusion criteria were 81 people. Dietary pattern assessment was assessed using an eating pattern questionnaire, obesity using Body Mass Index, and central obesity using waist circumference. HbA1c levels were obtained from secondary data. Data were analyzed using the Chi-square test.

Results: Statistical test results show that there is a significant relationship between carbohydrate intake (rice and noodle sources) and the incidence of prediabetes ($p=0.031$). However, there was no significant relationship between intake of tuber carbohydrates, refined flour, vegetables, fruit and sweeteners (sugar/honey/syrup), general obesity, central obesity with the incidence of prediabetes ($p>0.05$). Subjects with central obesity had a 1.964 higher risk of developing prediabetes.

Conclusion: There is a significant relationship between carbohydrate intake (rice and noodle sources) and the incidence of prediabetes. There was no significant relationship between intake of carbohydrates (tubers and refined flour), vegetables, fruit, sweeteners, general obesity, and central obesity with the incidence of prediabetes in pre-elderly and elderly UGM employees.

Keywords: diet patterns; obesity; prediabetes; pre-elderly; elderly.