

HUBUNGAN POLA KONSUMSI KARBOHIDRAT SEDERHANA DAN KOMPLEKS DENGAN KADAR HbA1c PADA PENDERITA DIABETES MELLITUS TIPE 2

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Author Order	3 of 3
Accreditation	4
Abstract	<p>Background : Prevalence of Type 2 Diabetes Mellitus (DM) is epidemiologically increasing worldwide. Simple carbohydrate consumption patterns and complex carbohydrates consumption patterns are the risk factors of Type 2 DM, which can increase blood glucose levels so that it will affect DM Type 2 control through HbA1c examination. This study aimed to determine the relationship between simple carbohydrate consumption pattern and complex carbohydrates with HbA1c levels . Methods : This was an observational research using cross sectional design with 40 subject, sample was selected by total sampling which conduct in April until June 2019 at Puskesmas Kedawung 1 area. This research used FFQ questionnaire as research instrument. HbA1c levels examined using spectrophotometer. Chi square was used as statistic analysis. Results : The statistical test results suggested that there was correlation between simple carbohydrate consumption patterns and HbA1c levels ($p=0,000$) and also there was correlation between complex carbohydrate consumption patterns and HbA1c levels . Conclusion : There was correlation between pattern simple carbohydrate consumption and complex carbohydrate consumption with HbA1c levels. Keywords : Diabetes Mellitus, Pattern consumption , carbohydrates , HbA1c levels</p>
Publisher Name	Program Studi Ilmu Gizi, Jurusan Kesmas Fakultas Ilmu-Ilmu Kesehatan Universitas Jenderal Soedirman
Publish Date	2020-05-12
Publish Year	2020
Doi	DOI: 10.20884/1.jgps.2020.4.1.1660
Citation	
Source	Jurnal Gizi dan Pangan Soedirman
Source Issue	Vol 4 No 1 (2020): JURNAL GIZI DAN PANGAN SOEDIRMAN
Source Page	40-54
Url	http://jos.unsoed.ac.id/index.php/jgps/article/view/1660/1468
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