

## The Correlation between Education, Food Intake, Exercise, and Medication Obedience with the Average of Blood Sugar in Indonesia

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**Abstract :** Indonesia Ministry of Health is increasing their awareness on non communicable diseases. From the top ten causes of death, two of them are non communicable diseases. Diabetes Mellitus is one of the two non communicable diseases above that have the increasing number of patient from year to year. From that problem, this research is made to determine the correlation between education, food intake, exercise, and the medication obedience with the average of blood sugar. In this research, the researchers used observational and cross-sectional studies. The sample that used in this research were 50 patients in Puskesmas Gamping I Yogyakarta who have suffered from Diabetes Mellitus in long period. The researcher doing anamnesis by using questionnaire to collect the data, then analyzed it with Chi Square to determine the correlation between each variable. The dependent variable in this research is the average of blood sugar, whereas the independent variables are education, food intake, do exercise, and the obedience of medication. The result shows a relation between education and average blood sugar level ( $p=0.029$ ), a relation between food intake and average blood sugar level ( $p=0.009$ ), and a relation between exercise and average blood sugar level ( $p=0.023$ ). There is also a relation between the medication obedience with the average of blood sugar ( $p=0,002$ ). The conclusion is that the positive correlations exist between education and average blood sugar level, between food intake and average blood sugar level, and between medication obedience and average blood sugar level.

**Keywords :** average of blood sugar, education, exercise, food intake, medication obedience

**Conference Title :** ICAOTD 2017 : International Conference on Advancements in Obesity Therapies and Diabetes

**Conference Location :** Venice, Italy

**Conference Dates :** June 21-22, 2017