

ABSTRACT

Sa'adah, Nur . 2014. The Correlation Of Food Consumption Sourced From Calcium With Fasting Blood Glucose Levels Type 2 Diabetes Mellitus Patients in Internal Medicine Polyclinic, Dr.Saiful Anwar Malang Hospital in 2013 .Final Year Project Nutritional Health Sciences Program, Faculty of Medicine, University Of Brawijaya. Supervisor : (1) Dian Handayani, SKM,M.Kes,Ph.D.(2) Inggita Kusumastuty,S.G, M.Biomed.

Diabetes mellitus is a group of symptoms that arise because of an increase in blood glucose levels due to decrease insulin secretion effected by a progressive insulin resistance. Indonesia will increase about 21.3 million patients in 2030. The prevalence of DM in East Java is 6.8%. The number of DM outpatient in RSUD Dr. Saiful Anwar Malang (RSSA) is 3.08% in 2010. Calcium has an important role to keep normal functions of insulin and glucose control in patients with DM. The aim of this study was to determine the correlation of dietary patterns sourced from calcium with fasting blood glucose levels in patients with type 2 DM. The type of this study was a descriptive-analytic with cross sectional study. The purposive sampling was conducted on 93 respondents. The result showed that dietary patterns of calcium source was below to requirement 91,7%. The data analysis was performed by using pearson correlation. The result indicated that dietary patterns sourced from calcium had no significant correlation with fasting blood glucose levels of people that suffer from type 2 DM $p < 0.05$, but there was a positive correlation with fasting blood glucose levels despite very weak $r = 0,064$.

Keywords : Calcium ,Fasting Blood Glucose Levels,Type 2 DM