

DIABETES MELLITUS HEALTH EDUCATION IN THE VILLAGE FOR THE PREVENTION OF NON-CONNECTED DISEASES

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ABSTRACT

Diabetes Mellitus is included in PTM and is a serious threat to mankind globally. In a prolonged pandemic condition, the residents of Tomang village are less concerned about diabetes mellitus. Based on the description above, it encourages the community service team to carry out health education activities with the theme "Healthy Living, Controlled Blood Sugar: Diabetes Mellitus: The Dangerous Sweet One". The purpose of health education about diabetes mellitus is to provide information for residents about diabetes mellitus which is included in PTM and increase the knowledge and insight of Tomang residents, especially residents who have never received diabetes mellitus education. Community service activities which are a form of implementing the tridharma of education will be held on Saturday, March 26, 2022 at 08.00-10.00 with the topic "Healthy Living, Controlled Blood Sugar: Diabetes Mellitus: The Dangerous Sweetie" was well organized. The activity was attended by 34 participants who were in accordance with the target of diabetes mellitus education activities. The pre-test was delivered before the presentation of the counseling material aimed at assessing the participants' initial knowledge regarding diabetes mellitus and the average score achieved from all participants was 71.21. is 77.27. Based on the results of the pre-test and posttest there was an increase in the average score of 8.5% after the delivery of the material. Educational activities regarding diabetes mellitus need to be carried out in order to educate and provide public views on the need for healthy living and increase awareness to prevent diabetes mellitus.

Keywords: diabetes mellitus, PTM, healthy lifestyle

INTRODUCTION

Deaths caused by non-communicable diseases or non-communicable diseases ranged from 71% of all deaths globally or 41 million people every year. Deaths due to NCDs occur at the age of 30-69 years and 85% of deaths from non-communicable diseases occur in low-income countries. Diabetes Mellitus is included in PTM and the death rate from diabetes mellitus is around 1.5 million globally. (WHO, 2021) In 2017, it is estimated that adults with diabetes will be around 451 million and in 2045 there will be an increase of around 693 million. Almost half of people with diabetes mellitus are undiagnosed. Indonesia is included in the list of 10 countries with the most cases of diabetes mellitus in the world. (IDF,2019)

Diabetes mellitus is characterized by high blood sugar levels which can be caused by impaired insulin action, insulin secretion or both. (ADA, 2019), (Negara,2019). Individuals and families who suffer from diabetes mellitus need knowledge related to diabetes mellitus in order to be able to create conditions for preventing increased blood sugar levels and ongoing complications. Complications of diabetes mellitus can attack blood vessels, both

macrovascular and microvascular, disorders of the nervous system. (Carrizzo, 2018) In the era of a prolonged pandemic, about 3 out of 4 people do not realize that if they experience symptoms and complaints of diabetes, this situation is due to limited knowledge of the signs and symptoms of diabetes mellitus, lack of awareness for periodic control if there are symptoms related to diabetes mellitus and lack of knowledge regarding normal blood sugar levels. (Ministry of Health, 2021) Unfavorable lifestyles such as lack of awareness in regulating eating patterns, frequently consuming sweet foods and drinks, fizzy drinks, rarely eating fruits and vegetables trigger an increase in a person's blood sugar levels. (Schwab, 2014), (Nur, 2017), (Ley, 2014), (Ali, 2022).

Tomang Village as part of the target area of Tarumanagara University whose location is within the scope of FK Untar and data from the Tomang Health Center is known that diabetes mellitus which is included in PTM is included in the 10 most common diseases in the Tomang Village area. During a prolonged pandemic, the residents of Tomang Village did not pay attention to diabetes mellitus because most residents of Tomang Village

were more concentrated in dealing with the spread of the Covid-19 virus. The potential for stress and saturation in patients with diabetes mellitus in this pandemic condition is very high. Patients with diabetes mellitus are susceptible to infection with the Covid-19 virus and there is an increase in cases of death in diabetes mellitus patients who are infected with the covid 19 virus because diabetes mellitus is not good at blood sugar levels, resulting in a decrease in body resistance.

Based on the description above, it encourages the community service team to carry out health education activities with the theme "Healthy Living, Controlled Blood Sugar: Diabetes Mellitus: The Dangerous Sweet One". The purpose of health education about diabetes mellitus is to provide information for residents about diabetes mellitus which is included in PTM so that participants can disseminate information about diabetes mellitus to families and the community. This educational activity is an ongoing activity of community service activities that have been carried out before the pandemic so as to further increase the knowledge and insight of the Tomang residents, especially residents who have never received diabetes mellitus education.

METHOD

The stages of implementing health education activities about diabetes mellitus are:

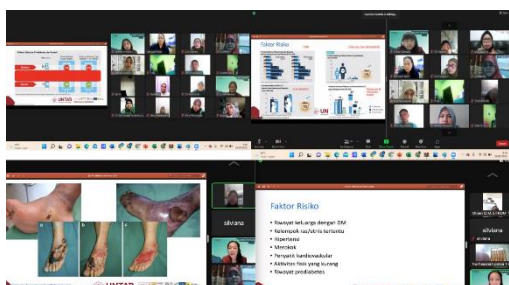
1. Preparation for educational activities begins with:
2. The implementation of health education activities about diabetes mellitus begins with a pretest, education related to diabetes mellitus by the FK UNTAR community service team, questions and answers and posttest. Evaluation of activities was carried out after the delivery of the material, namely a pretest to assess the participants' initial knowledge of health education related to diabetes mellitus and a posttest to assess the increase in participants' knowledge after being given education related to diabetes mellitus.

RESULTS AND DISCUSSION

Health education activity with the topic "Healthy Living, Controlled Blood Sugar: Diabetes Mellitus: The Dangerous Sweet One" was held on Saturday, March 26, 2022 08.0010.00. Health education activities about diabetes mellitus were carried out online via Zoom and counseling materials were delivered by the service team representative, Caroline Costrila. The number of participants who took part in the education activities for a healthy controlled blood sugar life were 34 participants. The targets of health education activities about diabetes mellitus are residents of the Tomang village, especially those at risk of diabetes mellitus and Tomang cadres aged around 30-60 years. The education implementation begins by greeting

participants who are already present in the zoom room and before the educational activity, the service team asks participants to do a pre-test with HbA1C questions, diet and symptoms of diabetes mellitus. The community service team delivered material related to diabetes mellitus, signs and symptoms, complications, blood sugar levels that can be diagnosed with diabetes mellitus, how to prevent diabetes mellitus and complications of diabetes mellitus. The community service team invited interactive discussions regarding blood sugar and HbA1C levels which were categorized as normal, prediabetes and diabetes mellitus. The Community Service Team in diabetes mellitus health education conveyed that managing a healthy lifestyle, diligent physical activity, balanced diet, regularly checking blood sugar levels, not smoking, taking medication as recommended and participants were reminded to apply prevention of increased blood sugar levels in daily life. The material and implementation of activities can be seen in Figure 1. The community service team delivered material related to diabetes mellitus, signs and symptoms, complications, blood sugar levels that can be diagnosed with diabetes mellitus, how to prevent diabetes mellitus and complications of diabetes mellitus. The community service team invited interactive discussions regarding blood sugar and HbA1C levels which were categorized as normal, prediabetes and diabetes mellitus. The Community Service Team in diabetes mellitus health education conveyed that managing a healthy lifestyle, diligent physical activity, balanced diet, regularly checking blood sugar levels, not smoking, taking medication as recommended and participants were reminded to apply prevention of increased blood sugar levels in daily life. The material and implementation of activities can be seen in Figure 1. The community service team delivered material related to diabetes mellitus, signs and symptoms, complications, blood sugar levels that can be diagnosed with diabetes mellitus, how to prevent diabetes mellitus and complications of diabetes mellitus. The community service team invited interactive discussions regarding blood sugar and HbA1C levels which were categorized as normal, prediabetes and diabetes mellitus. The Community Service Team in diabetes mellitus health education conveyed that managing a healthy lifestyle, diligent physical activity, balanced diet, regularly checking blood sugar levels, not smoking, taking medication as recommended and participants were reminded to apply prevention of increased blood sugar levels in daily life. The material and implementation of activities can be seen in Figure 1. blood sugar levels that can be diagnosed with diabetes mellitus, how to prevent diabetes mellitus and complications of diabetes mellitus. The

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Based on the results of the pre-test and post-test there was an increase in the average score of 8.5% after the delivery of the material because the average score of the pretest achieved by all participants was 71.21,

after the delivery of the material to assess the benefits of diabetes mellitus education post-test was performed and the average value was 77.27. Health-related counseling is an effort in educational activities to the community by conveying health information and adding insight so that there is an increase in awareness, attitudes and skills related to health (Notoatmodjo, 2012), (Negara, 2017). The community service team made a questionnaire to assess knowledge related to diabetes mellitus knowledge so that this activity can take place continuously and continuously and assess whether diabetes mellitus education activities provide benefits for partners. The short-term target of diabetes mellitus education activities is to increase knowledge and awareness in the community regarding diabetes mellitus. The benefits that partners receive from diabetes mellitus education activities are increasing knowledge related to diabetes mellitus, especially to prevent PTM. The long-term target is to reduce the number of PTM caused by diabetes mellitus. Efforts to anticipate the increase in the number of cases of diabetes mellitus, health education is carried out.

CONCLUSION

The community service activity with the topic "Healthy Living, Controlled Blood Sugar: Diabetes Mellitus: The Dangerous Sweet One" held on Saturday, March 26, 2022 at 08.00-10.00, was well organized. The activity was attended by 34 participants who were in accordance with the target of diabetes mellitus education activities. Based on the results of the pre-test and post-test there was an increase in the average score of 8.5% after the delivery of the material. The need for educational activities related to diabetes mellitus so that people's knowledge and lifestyle are better, it is hoped that educational participants can consistently apply a healthy lifestyle in their routines and convey diabetes mellitus information to their families and local residents.

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