

ABSTRACT

RELATIONSHIP BETWEEN THE HIGH DIETARY FIBER AND THE LEVEL OF HbA1c OF PATIENS WITH TYPE 2 DIABETIC IN THE PATOLOGI CLINIC LABORATORIUM Dr.H.ABDUL MOELOEK HOSPITAL LAMPUNG PROVINCE

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Diabetes mellitus (DM) is a chronic metabolic disease that requires regular control short-term by doing controlling GDS and long-standing relationship with controlling HbA1c levels. In addition to controlling routine, DM type 2 patients are expected to implement the 4 pillars of diabetic therapy, including Medical Nutrition Therapy (TGM) that is high fiber diet (≥ 50 grams per day) that will also impact on GDS as well as HbA1c levels control. This study aims to see the relationship between diet high fiber with the HbA1c patients DM type 2 in the pathology lab clinic RSUD Dr.H.Abdul Moeloek Lampung Province. Design research is a cross sectional with accidental sampling techniques, with 46 samples that is patients DM type 2 in the pathology lab clinic RSUD Dr.H.Abdul Moeloek Lampung Province. A diet high fiber measured using food 1x24 hours, recall while HbA1c levels measured in the laboratory by immuno-assay method. Data analysis using Chi-square, if not qualified to use the test for 2 x 2 tables analysis of Fisher. The results of this research show that there is a meaningful relationship between high fiber diets with HbA1c levels (p value of 0,001, $p < 0.05$).

Keywords: diabetes mellitus type 2, high fiber diet, HbA1c levels