SCREENING FOR TYPE 2 DIABETES MELLITUS IN VISITORS OF PRIMARY HEALTH CARE CENTRES IN SURABAYA WITH BMI SCORE ABOVE NORMAL

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INTRODUCTION

DIABETES is a chronic condition that occurs when the level of blood glucose increase because the body cannot produce enough sufficient insulin or use insulin ineffectively.

<table>
<thead>
<tr>
<th>Body Mass Index (BMI)</th>
<th>Status</th>
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</thead>
<tbody>
<tr>
<td>&lt;25 kg/m²</td>
<td>Normal and Underweight</td>
</tr>
<tr>
<td>(25-29) kg/m²</td>
<td>Overweight</td>
</tr>
<tr>
<td>(30-34) kg/m²</td>
<td>Obesity, non Morbid</td>
</tr>
<tr>
<td>≥35 kg/m²</td>
<td>Obesity, Morbid</td>
</tr>
</tbody>
</table>

This study aimed to IDENTIFY THE RISK PROFILE for developing TYPE 2 DIABETES MELLITUS in visitors of primary health care centres in Surabaya with a BMI score above normal.

RESULTS

The results showed that 9.1% (11) respondents had low risk; 28.1% (34) had moderate risk and 62.8% (76) had a high risk for developing type 2 diabetes mellitus in the next ten years.

10 years

Risk factors of T2DM that have SIGNIFICANT DIFFERENCE with risk category for developing T2DM:

- age p=0.000
- history of hypertension p=0.006
- gender p=0.000

CONCLUSION

Respondents with MODERATE and HIGH RISK can:

- improve lifestyle
- increasing the frequency of exercise
- choice of foods with low salt intake
- access information related to type 2 diabetes mellitus prevention
- consult with a healthcare practitioner and getting blood sugar tested (for high risk)