

**DEVELOPMENT OF *BOOKLETS* AS INFORMATION SERVICES
MEDIA ABOUT MELLITUS DIABETES AND FOOTWAY
FOR REDUCING BLOOD SUGAR LEVELS
IN TYPE II MELLITUS
DIABETES**

Aulia Rahma Agustina

Diploma III Nursing Study Program, Faculty of Health Sciences,
University of 'Aisyiyah Surakarta
E-mail: auliarahma.ar829@gmail.com

ABSTRACT

Diabetes mellitus is a chronic disease with an increasing number of sufferers. *Diabetes Mellitus type 2* are those who require temporary or prolonged insulin. *Diabetes Mellitus type 2* is becoming increasingly common due to its risk factors, namely obesity and lack of exercise. The results of the Basic Health Research (Riskesdas) in 2018 showed that the national prevalence rate of *diabetes mellitus* was 8.5%, an increase compared to the 2013 Riskesdas results, which was 6.9% indicating an increase in the prevalence rate of 1.6%. Meanwhile, data from the Central Java Provincial Health Office in 2018 shows that the prevalence of sufferers *diabetes mellitus* in Central Java is 2.1%. Based on data from the Surakarta City Health Office, sufferers of *diabetes mellitus* there were 1,566 in 2017. while in 2018 it reached 5,266. The high prevalence of *diabetes mellitus* makes *diabetes mellitus* a disease with priority management, one of which is physical exercise, namely diabetes exercise and walking. Diabetes exercise and walking can lower blood sugar levels by increasing the use of blood sugar by muscles. One of the media that can be used to provide information is the *booklet*. *Booklets* can be used to improve information services, because *booklets* contain specific information.

Keywords : *Diabetes Mellitus Type 2, Diabetes Exercise, Walking, Decrease Blood Sugar Levels, Booklet*