

**DIABETIC FOOT EXERCISES TO CONTROL SUGAR LEVELS IN
PATIENTS WITH DIABETES MELLITUS
THROUGH VIDEO MEDIA**

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SUMMARY

Background; Type 2 diabetes causes a reduction in insulin sensitivity (insulin resistance) or a result of a decrease in insulin production. The central Java province's prevalence was 1.9% by 2019 with the rate of events 652,822 men. Diabetes leg exercises can increase blood flow and promote blood circulation so as to affect lower blood sugar levels. **Methods;** The importance of the exercise information on the legs of diabetes in the communities that have diabetes mellitus is that it is placed in the form of a video containing the diabetes leg gymnastics information to lower blood sugar in diabetics. **Results;** The media title "diabetes feet exercise to control sugar levels in diabetics. **Conclusion;** Using the video media can provide information and knowledge on how to do the exercise of diabetes legs to control blood - sugar levels in diabetics and effectively use videos as fabrication media *Komunication, Information, and Education.*

Keywords: *Diabetes Mellitus, Diabetes Foot Exercise, Video*