

***THE EFFECT OF DIABETES MELLITUS EXERCISE ON  
BLOOD SUGAR LEVELS AND BMI IN PATIENTS  
WITH TYPE II DIABETES MELLITUS AT THE  
KARTASURA HEALTH CENTER***

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***ABSTRACT***

***Background:*** The incidence of type II diabetes mellitus (DM) is caused by obesity, lack of physical activity, diet, smoking, and high fat levels. In Indonesia, 19.5 million people aged 20 to 79 suffer from diabetes. Indonesia is one of the five countries with the highest number of diabetes cases in 2021. The number of DM patients in Central Java Province in 2022 was 623,973, while the number of DM patients in Kartasura Subdistrict in 2022 was 2,126. One of the efforts to control DM is through diabetes exercise. ***Objective:*** To determine the effect of diabetes exercise on GDS levels and BMI in type II DM patients at Kartasura Community Health Center. ***Methods:*** The sample for this study consisted of Prolanis members who have type II DM at Kartasura Community Health Center. The number of respondents was 30 people. ***Results:*** There was a significant change in GDS levels and BMI before and after participating in diabetes exercise. ***Conclusion:*** Diabetes exercise has an impact on GDS levels and BMI in type II DM patients at Kartasura Community Health Center.

***Keywords:*** Blood Sugar, Body Mass Index, Diabetes Mellitus