

**THE RELATIONSHIP BETWEEN LIFESTYLE AND RISK OF DIABETIC  
FOOT ULCERSON ON DIABETES MELLITUS PATIENTS  
IN KARTASURA HEALTH CENTER**

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**ABSTRACT**

**Background:** The number of people with Diabetes Mellitus (DM) is 536.6 million people in the world, Indonesia is 5<sup>th</sup> ranked out of 10 countries with the most people with DM in Southeast Asia with 19.5 million people and is expected to increase to 28.6 million by 2045. The impact of uncontrolled glucose levels can cause diabetic foot ulcers. One of method to control blood glucose levels is by practicing a healthy lifestyle. **Objective:** To determine the relationship between lifestyle and the risk of Diabetic Foot Ulcers for Diabetes Mellitus Patients at Kartasura Health Center. **Methods:** Descriptive correlational research method with cross sectional design. Total sample of 68 which were analyzed using the Byvariate test Kolmogorov-Smirnov Test. **Results:** Most respondents had a negative lifestyle as many as 48 respondents (70.6%) with a risk of diabetic foot ulcers as many as 38 people (55.9%). The statistical test results showed a p-value of 0.000 <0.05. **Conclusion:** There is a relationship between lifestyle and the risk of diabetic foot ulcers on DM patients

**Keywords:** Diabetes Mellitus, Diabetic Foot Ulcer, Lifestyle