

WALKING EDUCATION AS AN EFFORT TO REDUCE BLOOD SUGAR LEVELS IN PATIENTS WITH DIABETES MELLITUS THROUGH BOOKLET

Satria Fichry Alfiannur¹, Tri Susilowati²
satriafichry55@gmail.com
Program Studi Diploma III Keperawatan
Universitas 'Aisyiyah Surakarta

SUMMARY

Background: *Diabetes mellitus is a chronic metabolic disorder characterized by high blood sugar levels, with normal blood sugar at <200 mg/dl and fasting blood sugar <126 mg/dL. Diabetes risk factors are divided into two categories: unalterable factors (such as age and genetics) and modifiable factors. (seperti pola makan, aktivitas fisik, stres, dan pola tidur). The latest data from the International Diabetes Federation (IDF) shows that by 2021, about 19.46 million people in Indonesia have diabetes, with the prevalence increasing from 6.9% to 8.5% since 2019. Walking, as an easy and inexpensive activity, is highly recommended as it can reduce the risk of metabolic disease. **Objective:** To inform the public about the benefits of walking to lower blood sugar levels. **Method :** Providing a booklet entitled "Footway Education as an Effort to Reduce Blood Sugar Rate in Diabetes mellitus Patients". **Results:** This booklet is expected to be useful in raising public awareness about the use of footpath to manage blood sugar levels.*

Keywords: *Diabetes Melitus, Footpath, Blood Sugar*