

**THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND DIET WITH ANKLE BRACHIAL INDEX IN DIABETES MELLITUS PATIENTS AT THE GAMBIRSARI HEALTH CENTER**

Diaz Yudhita Mayasari<sup>1</sup>, Mulyaningsih<sup>2</sup>  
[diazyudhita12@gmail.com](mailto:diazyudhita12@gmail.com)  
Universitas 'Aisyiyah Surakarta

**ABSTRACT**

**Background :** *The number of diabetes sufferers in the world has reached 536.6 million people. Indonesia is ranked 5th with the most diabetes sufferers in the ASEAN region with a total of 19.5 million people and is expected to increase to 28.6 million in 2045. Increased glucose levels cause the risk of diabetic ulcers. Therefore, people with diabetes mellitus must routinely carry out physical activities and maintain a good diet.* **Objective :** *To determine the relationship between physical activity and diet with the Ankle Brachial Index in patients with diabetes mellitus at the Gambirsari Health Center.* **Methods :** *The correlational research method uses a Cross Sectional design. A sample of 67 respondents was analyzed using the Kolmogorov-Smirnov bivariate test.* **Results :** *The majority of respondents at Gambirasari Health Center had light physical activity as many as 45 people (67.2%), unhealthy diet as many as 43 people (64.2%), and low ABI values as many as 40 people (59.7%) who were at risk of diabetic ulcers in patients with diabetes mellitus. The results of statistical tests showed a p-value of 0.000 <0.05.* **Conclusion :** *There is a relationship between physical activity and the Ankle Brachial Index in patients with diabetes mellitus at the Gambirsari Health Center and there is a relationship between diet and the Ankle Brachial Index in patients with diabetes mellitus at the Gambirsari Health Center.*

**Keywords :** *Ankle Brachial Index, Diabetes Mellitu, Diabetic Ulcer, Diet, Physical Activity*