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## **IMPROVEMENT OF KNOWLEDGE ABOUT THE QUALITY OF LIFE OF DIABETES MELLITUS WITH POCKET MEDIA**

**Background:** People with diabetes mellitus have increased due to a lack of attention to their health and daily patterns. Therefore, the authors have an idea or ideas in the form of family support, exercise, dietary compliance so that people with diabetes mellitus in Indonesia can pay attention to their health and their daily patterns. **Purpose:** To provide information about ways to improve the quality of life of people with diabetes mellitus. **Method:** Using a pocket book entitled "Ways to Improve the Quality of Life" **Conclusion:** 22 pages of pocketbook, containing definitions of diabetes mellitus, understanding quality of life, its classification, the causes of diabetes mellitus, factors that affect the quality of life, and how to improve the quality of life so that sufferers can pay attention to their health and lifestyle.

**Kata Kunci:** Diabetes Melitus, Quality Of Life, Pocket Book