

INCREASING PUBLIC KNOWLEDGE OF DIABETES MELITUS PREVENTION

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ASSESSMENT

In Indonesia the number of diabetes melitus sufferers is estimated to increase in 2040, namely as many as 16.2 million sufferers. Indonesia is also the third country with 29 million people with impaired glucose tolerance in 2015. Environmental factors and unhealthy lifestyles, such as excess, fatty foods, lack of activity and stress play a very big role as triggers of diabetes melitus can also arise due to heredity. The increase in the number of people with diabetes can also be affected by obesity, unhealthy living habits, one of which is the lack of knowledge on preventing diabetes melitus properly and usually diabetes melitus sufferers do not know much about diabetes melitus and do not know the signs of symptoms and how to prevent them from becoming serious complications. Therefore, the authors made a pocket book entitled "prevention of diabetes melitus". The pocket book contains a description of the meaning of diabetes melitus, the classification of diabetes melitus, signs and symptoms of diabetes melitus, the meaning of prevention, how to properly prevent and prevent primary, secondary, tertiary. Prevention is an effort to prevent the occurrence of risk or maintain a low risk situation in society for disease in general. The aim of this Pocket Book is to provide information to readers and people with diabetes melitus so that they can practice this prevention, gain new knowledge, insights, and knowledge in an easy way.

Keywords: Knowledge, prevention, Diabetes Melitus, Pocket Book.