

**FOOT GYMNASTICS IN AN EFFORT TO LOWER BLOOD SUGAR
LEVELS IN PATIENTS WITH TYPE 2 DIABETES
MELLITUS WITH BOOKLET MEDIA**

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SUMMARY

Background: Type 2 diabetes mellitus is a public health problem around the world, especially in Central Java in 2016-2018 increased its prevalence from 16.8% to 22.9%. This is due to the disruption of insulin secretion, which has an impact on uncontrolled blood sugar levels and causes complications. One of the complications is diabetic feet that have symptoms of infection, diabetic ulcers and gangrene. Efforts to prevent diabetic feet in people with type 2 diabetes mellitus one of them with foot gymnastics. Foot gymnastics is beneficial to improve circulation in the blood and blood sugar levels of diabetics decrease. The media used is a booklet. **Method:** The method used is to do foot gymnastics to lower blood sugar levels in the form of a booklet that can be applied by people with type 2 diabetes mellitus. **Result:** The resulting project in the form of a booklet media containing information accompanied by images as a medium of education to the public, especially people with type 2 diabetes mellitus about the prevention of diabetic feet with foot gymnastics. **Conclusion:** Booklet media can provide information and knowledge to the public, especially people with type 2 diabetes mellitus and society in general about foot gymnastics.

Keywords: diabetes mellitus type 2, blood sugar levels, foot gymnastics, booklet.