

DIABETIC FOOT EXERCISE EDUCATION OF PATIENT WITH DIABETES MELLITUS TYPE II WITH BOOKLET MEDIA

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SUMMARY

Background: *Type II diabetes mellitus* is a condition where the blood sugar has increased caused by *pancreatic beta cells* that produce small amounts of *insulin*, and there is a distraction of *insulin* function and *insulin resistance*, this disease is one of the health problems whose prevalence continues to increase in the world, both in developed and developing countries, IDF estimates 700 million people in 2045 who will contract this disease around the world, the steps for managing *diabetes* include physical activity is one of the recommended physical exercise, one of them is diabetic foot exercise. **Method:** Making a *booklet* with the title “The Effective Secret to Decreasing Blood Sugar Levels Through Diabetic Foot Exercises” which is then disseminated to the general public. **Result:** Producing outputs that would later be disseminated to the general public, especially in *Type II Diabetes Mellitus* sufferers. **Conclusion:** The resulting booklet media can be used for education in order to increase knowledge about the management of *Type II Diabetes Mellitus* with Diabetic Foot Exercise in people with *Type II Diabetes Mellitus*.

Keyeords:

Type II Diabetes mellitus, Diabetic foot exercise, booklet media