

PROVISION OF ACCOMPANYING THERAPY: HOME-BASED WALKING EXERCISE FOR 45 MINUTES TO LOWER BLOOD GLUCOSE LEVELS IN TYPE 2 DIABETES MELLITUS PATIENTS THROUGH BOOKLET MEDIA

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SUMMARY

Background: Diabetes mellitus (DM) is a metabolic disorder occurring in the pancreas, characterized by elevated blood sugar levels, commonly referred to as hyperglycemia. Diabetes mellitus can be managed through pharmacological therapy, one of which is Home-Based Walking Exercise for 45 minutes. **Objective** The booklet media serves as information to understand the effects of Home-Based Walking Exercise on reducing blood glucose levels, improving insulin sensitivity, optimizing glucose utilization, helping to reduce body weight, enhancing cardiovascular health, and improving blood sugar control. **Method:** The booklet media was created containing explanations about home-based walking exercise. The booklet was tested on three respondents from the community in the Tegal Asri area, Bejen, Karanganyar. **Results:** The educational booklet titled "Overcome Diabetes by Walking at Home for 45 Minutes" was successfully compiled systematically, including contents such as definition, benefits, indications, contraindications, and the mechanism of home-based walking exercise. **Conclusion:** The educational booklet on "Overcome Diabetes by Walking at Home for 45 Minutes" can be an effective medium to increase community understanding and motivation in efforts to lower blood sugar levels.

Keywords: Booklet, Diabetes, Home-Based Walking Exercise