

IMPLEMENTATION OF WALKING TOWARDS THE REDUCTION OF BLOOD SUGAR LEVELS IN TYPE 2 DIABETES MELLITUS

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ABSTRAK

Background: Diabetes mellitus is a chronic disease widely experienced by the world's population. Diabetes mellitus can cause various complications, walking increases metabolic activity in the body so that blood sugar levels can be broken down, thereby reducing blood sugar levels. According to the World Health Organization, (2023), around 422 million people suffer from diabetes. **Objective:** To describe the results of the application of walking to patients with type 2 diabetes mellitus in the Gondangrejo health center area. **Method:** This type of research uses a case study by applying walking to reduce blood sugar levels in type 2 diabetes mellitus. **Results:** The random blood sugar levels of Mrs. S 235 mg/dL and Mrs. N 323 mg/dL before being given walking. The random blood sugar levels of Mrs. S 146 mg/dL, prediabetes (140-199 mg/dL), and Mrs. N 238 mg/dL, diabetes (≥ 200 mg/dL) after being given walking. There was a decrease in Mrs. S 89 mg/dL and Mrs. N 8 mg/dL. **Conclusion:** There is a comparison of the final results of blood sugar levels when Mrs. S and Mrs. N.

Keywords: Type 2 Diabetes Mellitus, Blood Sugar Levels, Walking