HEALTHY LIFESTYLE OVERVIEW IN DIABETES MELLITUS PREVENTION AMONG THE COMMUNITY OF BERJO VILLAGE, NGARGOYOSO SUB-DISTRICT

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ABSTRACT

Background: *Diabetes Mellitus (DM) is one of the non-communicable diseases (NCDs) that continues to increase in prevalence each year. Berjo Village was selected as the research location due to the contrasting lifestyle characteristics of its residents—healthy farming activities coexist with habits such as smoking and alcohol consumption.***Objective:** *To describe the healthy lifestyle patterns in preventing Diabetes Mellitus among the community in Berjo Village, Ngargoyoso Sub-district.***Method:** *This research employed a descriptive quantitative method with a survey approach. A total of 80 respondents were selected using random sampling from the population of RW 4, Berjo Village. Data were collected using questionnaires and analyzed using univariate analysis.***Results:** *The majority of respondents had unhealthy eating habits (86.3%) and low physical activity levels (83.8%). However, most respondents avoided alcohol consumption (73.8%) and were non-smokers (52.5%).***Conclusion:** *Although the community has made efforts to adopt a healthy lifestyle, key areas such as diet and physical activity still need improvement in order to effectively prevent Diabetes Mellitus.*

Keywords: *Healthy lifestyle, Diabetes Mellitus, prevention, community, Berjo Village.*